SANUS HAEC INIMICA TYRANNIS
J. Jolliffe Tufnell

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THE

GOUTY MAN's Companion,

OR

A *Dietetical* and *Medicinal* Regimen:

AS WELL

On the *Approach*, as in the *State*,

AND

In the *Declination* of the *GOUT*,

WITH

Preventative Directions, in the Intervals of the *Paroxysms*.

By *JOHN CHESHIRE*, MB. of *Leicester*.

Experto Crede.

NOTTINGHAM:

Printed by G. AYSCOUGH, for the AUTHOR, and Sold by the Bookſellers in Town and Country.

MDCCXLVII.

BRITISH MUSEUM

TO

JAMES WINSTANLEY, Esq;

OF

BRAUNSTON,

In the County of *LEICESTER*.

Dear *SIR*,

AS Gratitude is the natural emanation of a Mind truly sensible of Obligations receiv'd, and studiously vigilant in all occurrences to make adequate Retaliations, so I beg your Acceptance of the following Sheets; in Confidence, that if they prove as extensively beneficial to *Arthritics*, as your Esteem is Universal, they will not only claim, but even support their own recommendation.

If a peculiar Candour, an engaging affability, (with a total Ignorance of Pride and an uncommon Talent of Natural Endowments, adorn'd with all the juſt Embelliſhments of a liberal and polite Education, with a ſtrict and unbiaſs'd Adherence to the fundamental Precepts of Honour, (conſpicuous in every Article of your Conduct) in Conjunction with a *Patriot regard* to the *Conſtitutional Intereſt* of your *Country*, are Qualities in themſelves truly amiable and praiſe-worthy, the diſtinguiſhing part of the preſent Age muſt pay you the Tribute due to ſuch Accompliſhments, and be pleaſed to admire in you what few, or perhaps none, in a literal Senſe can truly Imitate.

When you declin'd the Proſecution of your Studies, (at a time when an aſſiduous Converſation with

with the Dead, is the only expedient to qualify a Man to be eminently ſerviceable to the Living in any of the Learned Profeſſions) you robb'd the World of the moſt apparent proſpect of true Ornament, which Divinity, Law, or Phyſic, could at that time boaſt; but as retirement was then your Option, you fill up every ſpace of that Time in accumulated Acts of Humanity, Benevolence, and Generoſity, void of that Oſtentation, which is too frequently a viſible allay in the exerciſe of the moſt exalted Virtues.

THE Poſſeſſion of the above mention'd valuable qualities (which is confeſſedly your Lot) will doubtleſs exaſperate the ſting of Envy to excite Calumny and Detraction, from Thoſe, whoſe Sentiments are of a different Texture, and whoſe Actions are repugnant to the general tenure of your Con-

duct in the various Occurrences of Life, but even then, your very Enemies, whilſt they malign, muſt applaud the Conſiſtency of your Deportment, as well for the publick as the private Good of Mankind.

Exhortation, which is the true reſult of Cordial Friendſhip, as this really is, ought not to looſe its proper weight. I hope therefore that you will with an uninterrupted perſeverance, experience the admonitions of the enſuing Sheets, ſince I am convinced that a ſtrict Conformity thereto, will not only promote but continue the Security of your Health, as well from the *Gout*, as many other both *Acute* and *Chronic Diſorders*, ſublime the true and Subſtantial pleaſures of Life, and entitle you to Juventile Longevity, which that They, or any other means, as well for the publick, as your

your own, Good, may Compleatly effect, is the ſincere wiſh of,

Dear SIR,

Your moſt oblig'd

and obedient Servant,

Leiceſter June 10, 1747.

John Cheſhire.

14 NO63

THE PREFACE.

USEFULL *Knowledge communicated in Arts and Sciences, (whether liberal or otherwiſe) whatever reception it may meet with in a licentious and degenerate Age, muſt afford ſome tacit Satisfaction to a Man who has appropriated ſome part of his Time and Talents in ſuch Diſcoveries, as demonſtrate him no inactive Member of Society, and evince him with all due Deference and juſt humility, to be a ſtudious Imitator of the ſupreme Being, by endeavouring to promote the real and Subſtantial Good of his Fellow-Creatures.*

It is Godlike to commiſerate and relieve, any kind of Infirmity to which a State of Mortality is expos'd, and if partiality, bigotry, and groundleſs Malice refuſe to pay the juſt tribute due to the Exerciſe of ſuch Divine Qualifications

cns here, They cannot fail of a juſt and perma-ment Reward hereafter.

What may be the Fate of the enſuing Sheets is the leaſt of my concern, and all that I ask in their behalf is, that cenſure may be ſuſpended till, Regimen, as well Dietetical as Medicinal &c. may have from time and Opportunity an impartial tryal, and if on proper Experience, it is found inſufficient, or incongruous for the End propos'd, I've been extremely unhappy in Obſervation of near thirty Years both in myſelf, and other Arthritics.

The manner by which Iv'e accounted for an hereditary and an acquir'd Gout, was I own firſt intimated to me by the late Dr. Cheyne, *in a Curſorary manner, which has for theſe many Years engag'd my thoughts, and if it does not hold good, I ſubmit and acquieſe in my own Ignorance in that particular, till more demonſtrable Reaſons ſhall be offer'd, to which when produc'd, I ſhall very readily ſubſcribe, and till then I think I may be allow'd, without the Imputation of vain glory, not to recede from what I have advanced. As the original foundation of the* Gout *from the formation and uſe of the* Lacteal Veſſels.

The manner of Diet *laid down in the following Sheets may perhaps have ſome peculiarities in it different from what has been ſaid on the*

Sub-

Subject, to which it relates, tho' in general it is of such a Complexion, as with the assistance of the Medicinal Regimen, *will as effectually answer in* Gouty Constitutions, *as the Bark does in Intermittents: The* Medicinal Directions *may probably be Subject to the same fate, for I own that many of our Dispensatory-Compositions are too much crouded either with unnecessary or incongruous Articles; whilst others are greatly defective of proper Materials to form a Medicine of such worth and virtue, as the usual explanation of its excellency imports from Compilers or Expounders of most (if not all) Dispensatories: I have therefore collected such Articles from the* Materia Medica *separately, as I apprehended were best adapted to the exigencies of the particular Cases in the* Gout, *and form'd them into methodical Prescriptions, which I confess will be a little more trouble to the Apothecary, in the Composition, but much more advantage in the Event to the Patient, and certainly no Apology will be expected on this Occasion, when it is maturely consider'd that no portion of time should be esteem'd tedious or irksome, either in the* Judicial *or* Ministerial *part of the* profession *of Physic, in the direction or preparation, of Medicines, which from a little more expence of Labour, produces a more durable and Substantial relief to any Disease, which from the unerring Laws of Providence, is the inseperable fate of human Nature.*

In

In reſpect to myſelf I confeſs that all Fatigues either Corporal or Mental, are to me pleaſurable, when by my endeavours in my Profeſſion I can contribute to the Good, or Welfare of Thoſe, who are the Objects of my Care, I perſuade myſelf that the Adminiſtrators of Medicines are not inferior to me in that diſpoſition, which proclaims a Man Maſter of more refin'd Qualifications, than that of Humanity.

The Adminiſtration of Quickſilver *in the intervals of the* Gout, *has I'm ſenſible both it's* Advocates *and* Opponents, *but if an impartial experience of the Uſefulneſs, or contrary Property, of that* Valuable *(in regard to it's abundant Virtues)* Mineral *might determine the Diſpute, the clamours of the* laſt *would ſoon be ſilenc'd, and the judgement of the* firſt *crown'd with an unanimous Approbation of the extenſive efficacy of this ſalutary Drugg: The following ſhort relation will ſerve probably to illuſtrate the operative virtue of* Quickſilver *in the minuteſt Veſſels of the human fabric, and at the ſame time diſpel the groundleſs apprehenſions of Danger which are frequently harbour'd of it.*

My Son at *Guilford* in *Surry*, had for ſome time been under the Care of *Dr. Burton* of *Windſor*, and by his Advice had at dif-

different times, taken eight Ounces of *Quick-ſilver*, two or three Days preceeding the 28th of *April*, 1744. On which Day I arrived at *Guilford*, and that Night ordered a large Bliſter to his back, which had in the next Morning done it's duty, on the taking off the Bliſter, an infinite number of the *Mercurial Globules* adher'd, ſome in, and others on, the Skin, from whence it is very apparent that the unlimitted activity of *Quick-ſilver* conveys itſelf into the fineſt Veſſels of the Body, which by its *momentum* is capable of Diluting a viſcid maſs of Blood and Juices, as well in *Arthritic*, as, other Caſes.

The near affinity of the Gout *and* Rheumatiſm, *may perhaps have induc'd me to make uſe of ſome expreſſions in the following Sheets, which may be met with in my* Treatiſe *on the laſt mention'd* Diſorder, *and even in the ſubſequent Lucubrations Iv'e purpoſely made choice of almoſt the ſame Identical Words, in different Paſſages, where ſimular Circumſtances either in reſpect to the* Gout *itſelf, the Uſe of the Veſſels, or Fluids, in the human Machine, or the* Dietetical *or* Medicinal Regimen, *might reaſonably juſtify that freedom; and indeed if it is an Error, I hope it is venial, tho' as I'll not own it to be ſo in my Opinion, I'll make no Apology for the Liberty Iv'e taken on this occaſion, 'cauſe Truth intended for the public*

Be-

Benefit of Mankind, often repeated or inculcated, muſt not only make a more durable impreſſion (tho' contrary to the Rules of refin'd Rhetoric) on Thoſe, who read it, in regard to practice, but will ſerve to explain the Senſe of each ſubſequent Paragraph, by a Knowledge of the ſame or ſome like preceeding Expreſſion in a prior manner of Diction.

I have ſtudiouſly omitted what both the Ancient and Modern Authors, in the circle of my Obſervation, have advis'd in the treatment of the Gout, *and have confin'd myſelf on that Subject chiefly to my own Experience, having advanc'd nothing, either in* Diet *or* Medcine, *but what I've found on repeated Tryals, to be truly beneficial in the Circumſtances related in the following Sheets.; if the Caſe is rightly judg'd and an uniform and continued obedience is pay'd to the precepts contained in them, I'll pledge the little claim I have to the Lineage of the genuine Sons of* Hippocrates *for their Succeſs.*

I forgot in the proper place of the Book to mention how Gouty *ſores in any part of the human Fabric, ſhould be treated. I ſhall therefore obſerve that their anguiſh is the ſooneſt mitigated and the part cicatric'd, by the application of a warm White-bread Cataplaſm lubricrated with a little* Unguent : Sambuc : vel

vel Diath : *renewed every two hours Day and Night, and when the pain is in a great Meaſure abated, apply dry Lint to the affected part, and then the Cataplaſm, and the Malady will in due time be cur'd, tho' in old Age ſometimes, warm fomentations Morning and Night will greatly promote an aſſimulation ; all unctious Dreſſings being highly injurious to* Gouty *impurities, which have forc'd their way by excoriations &c. of the Skin.*

My Cup of Gouty *Bitters, has had as large a Diameter as any Man's of my Age,* viz. *betwixt fifty and ſixty but by a juſt obſervance of the following Directions I have ſo far exhauſted it, as for many Years being unable to walk by any Aſſiſtance, and being always lifted upon, and from, my Horſe, I am now in a capacity to mount and diſmount myſelf ; can ride thirty, forty, or more Miles a Day when the Roads will permit of ſuch an undertaking with as little fatigue as any Man of my Years, and can by walking in any houſe diſcharge the neceſſary engagements of my Occupation, notwithſtanding my Knees are irrecoverably contracted by an exorbitant accumulation of* Arthritic *Impurities, or* Gouty *Salts, on the Muſcles of the* Rotula, *or Kneepan, and the Veſſels vicinous to it ; in which, as well as other parts, I'm free from pain, unleſs Cold, or ſome tranſgreſſion in Eating or drink-*

drinking, excite it: I own that I'm ſo far extricated from Arthritic *Thraldom by obſerving the following Regimens, that I'm under no neceſſity of paying an unvariable Obedience to Them* de Die in Diem, *tho' I confeſs that every Offence in this kind carries with it its puniſhment, tho' of a ſhort duration, if not repeated, and I frankly acknowledge I've not known one hours Confinement from the* Gout *for ſome Years, which can be imputed to nothing but a general purification of the Blood, and Juices, from a ſtrict Adherence to the enſuing manner of Life both as to* Food, Medicine, *and* Exerciſe; *eſpecially when it is conſider'd that for Years before I entred upon It, was ſcarce ever free from more or leſs* Gouty *ſenſations.*

I once determin'd to put the Medicinal *Directions in the following Sheets, into the ſame garbe as the* Dietetical, *viz. in the Engliſh Language, but on conſultation in that particular with ſome Friends, in the different circles of Liberal Science, I chang'd that Reſolution, and they ſtand according to the Art of Profeſſion, and if any one finds his own Caſe ſimular to the deſcription in the ſubſequent Pages his Apothecary is ready to prepare the Preſcription thereto annex'd, and as to the Rule of Diet and Exerciſe, he's a competent Judge how to proceed from what is ſaid in*

that

that reſpect: *Would every* Arthritic- Valetudinarian, &c. *conſult his own Eaſe and Safety, he'll find it beſt to fix upon and agree with his Phyſician for an annual Salary, to whom on every little variation of his Conſtitution he ought to have recourſe, which otherwiſe he might omit as not thinking ſo ſlight a Diſorder worth a Fee, till he becomes under a neceſſity to part with many from his firſt neglect.*

The laſt Paragraph but one in the Book, is immethodically plac'd, it being not within the verge of the Preventative Directions, *but as it contains two Caſes of great Danger, I was willing the Reader ſhould be appriz'd of it, that he might live in ſuch a manner as to prevent either of them being his Fate, till a great weight of Years ſhall be the Harbinger of Death.*

The following Sheets were finiſhed before the Appearance of the laſt College Diſpenſatory in public, the Preſcriptions therefore are ſuch as the former directed, except ſuch as are vary'd and form'd from my own Judgment, which will ſufficiently anſwer the exigencies of every occaſion for which they are intended.

14 N063

If the Peruſal of the following Admonitions conveys any real Advantage to the World, I have my reward for the trouble I've beſtow'd on them, being convinc'd that no Man is born or the particular good of himſelf, but the general benefit of Mankind.

ERRATA in the general Lines of the BOOK.

N. B. p. Denotes Page, l. Line f. for, r. read.

PAGE 2. l. 13, f. *Hippocratis* r. *Hippocrates*
P. 5. l. 28 f. *Antomical* r. *Anatomical*
P. 6 l. 23, f. *simular* r. *similar*.
P. 13. l. 8 & 10 f. *Constitutional* r. *Constitution*
P. 13. l. 16, f. *Hippocratis* r. *Hippocrates*.
P. 16. l. 29 f. *Paroxymuli* r. *Paroxysmuli*.
P. 20. l. 22 f. *concuring* r. *conducing*.
P. 24. l. 21, f. *simular* r. *similar*.
P. 32. l. 16 f. *of* r. *as*.
P. 35. l. 26 f. *then* r. *than* l. 28 f. *nisi* r. *vult*.
P. 43. l. 12 f. *Gymnostic* r. *Gymnastic*.
P. 53. l. 27, f. *extrahitur* r. *extrahatur*.
P. 65. l. 20, f, *Pump upon* r. *Pump up*.
P. 70 l. 23, f. *Scapulus* r. *Scapula's*.
P. 79. l. 29, after *Days* add *in*.

ERRATA in the PRESCRIPTIONS.

PAGE 34, l. 22, f. *alius* r. *alias*, *l.* 24, f. *Craſſiem* r. *Craſſitiem.*

P. 41. l. 6, f. *ſtatini* r. *ſtatim.* l. 13, f. *Honimque* r. *ſtatimque.*

P. 45. l 23, f. *paulatime* r. *paulatim.*

P. 48. l3, f. *caque* r. *coque.*

P. 58. l. 23, f. *ſcreſcit* r *ſereſcit.*

P. 59 l. 5. f. *Carbeſios* r. *Catharſios.*

P. 62. l. 5, f. *extraherdas* r. *extrahendas.*

P. 63. l. 14. f. *cura* r. *cum.*

P. 66. l. 8, f. *Ovin* r. *Ovil.*

P. 69. l. 4, f *Mechra* r. *Mecha*,

P. 70. l. 1, blot out *vel* ℨ*iſs.*

P. 76. l. 24, f. ℨij: r. ℨij.

14 NO63

THE

GOUTY MAN's Companion,

OR

A *Dietetical* and *Medicinal* Regimen,

AS WELL

On the *Approach* as in the *State*,

AND

In the *Declination* of the *GOUT*.

WITH

Preventative Directions in the Intervals of the *Paroxyſms*.

THE Dignity of Human Nature is not more conſpicuouſly illuſtrated in any Inſtance of Life, than by a ſteady, reſolute ſearch, and an uniform vigilant perſeverance in the diſcoveries of Truths of various denominations;

amongſt which They of the *Phyſical Claſs* ſeem to concede to none, except ſuch as are purely *Theological*: The firſt being calculated for the Preſervation of a juſt *Æquilibrium* in the component Principles, which conſtitute the *human machine*, for its Eaſe, Support, and Duration, according to the unerring Appointment of its *Divine Artificer*; The laſt ordained by the ſame *Infinite Power* for the future Advantage of the *Immaterial part* of Man in an *Eternal State*.

SPECULATIVE Knowledge in the Schools of *Hippocratis* and *Galen*; is jejune, vague & inane, ſubject to inexplicable Ambiguities, and productive of invincible Uncertainties, adapted purely for Contemplation, and ſuperficial Amuſement: 'Tis Practice, reiterated Practice in the Science of Healing Diſeaſes, from a long experience, attended with true, and judicious, Obſervations, which only can irradiate the underſtanding, enlarge the natural and acquir'd Abilities, and conſummate the Phyſician for the general Utility of the Age, in which he lives: From this certain and immoveable baſis, viz. *mature Experience*, I propoſe, (nay determine) to erect the ſuperſtructure of the ſubſequent Lucubrations, whoſe Admonitions if regularly and methodically obſerv'd, will entitle the unhappy Objects of *Arthritic Tyranny* to ſome

ſome reſpite or relief, (for a total freedom, when the *Gout* is once radically fix'd, is not to be expected) from the frequent atrocious Aſſaults, and long continuance of (what is not improperly call'd) the *opprobrium Medicorum.*

In proſecution of my Deſign, I ſhall not delineate an *Etimological* explication, of the *Gout*, nor enumerate the different Appellations, which it aſſumes, from the various parts, which it uſually occupies in the *human fabric*; neither ſhall I attempt an Enquiry into the antiquity of this *obſtinate Malady*; ſuch diſquiſitions in no reſpect tending to facilitate the leaſt exemption from pain to the unfortunate Captives of this *Inexorable Diſtemper*; an Account therefore of the preceeding particulars would be as little ſatisfactory to a Man ſtruggling under the agonizing tortures of the *Gout*, as it would be to a Ship-wreck'd Mariner, expos'd to the Miſeries of the Deſtruction-threatening Ocean, to know the very Year, in which the firſt Wreck happen'd, and the diverſification of the various terms of Diſtreſs, which produced it.

The wretched Proprietors of an hereditary *Arthritic Inheritance*, ſeem to claim and ſupport their title thereto, from an Origi-

nal Male-formation of the *Lacteal Veſſels*, whoſe Mouths, and Diameters, are preternaturally large, (in reſpect to Thoſe, who are free from a *Gouty* Diſpoſition) and therefore capable of admitting more *groſs and viſcid particles* from the food and aliment into the maſs of Blood, which from a ſeries of time muſt excite firſt, and then exaſperate an Inſalubrious Lentor in the Blood and Juices, not unattended with *Saline* and *acrimonious Particles*, which from the immutable laws of *Secretion* muſt induce a *Solution* of *Continuity*, either by a more than ordinary extenſion, or an uncommon vellication of the fine and tender Coates, as well of the large as minute Veſſels, from which muſt reſult *pain*, even to that degree, which is very apparent in the moſt ſevere *Paroxyſms* of the *Gout* either in an internal or an external part of the human Machine: From this Male-formation of the *Lacteal Veſſels*, a general Maſs of *Fluids*, too coheſive in their nature, (and conſequently capable of producing poignant pain) may be deduc'd an *hereditary Gout.*

FROM this conjunct Cauſe, a Male-configuration of the *Lacteal Veſſels*, and a daily admiſſion of the viſcid particles thro' them, muſt ariſe a very extenſive Scene of outrageous Miſeries in the human Fabric, which un-

undeniably demonſtrates that the doctrine of *Mali Corvi Malum Ovum* is as viſible in the rational as in the irrational part of the Creation; and a Man under theſe conſtitutional Circumſtances above related in the preceeding paragraph, May very juſtly be ſaid not only to have, an inconteſtable claim to, but even to be, *ſuo jure naturali* in full Poſſeſſion of one of the worſt Diſtempers, under the very beſt of titles, *viz.* an hereditary right not to be excluded totally by any revolution to be effected in the *human OEconomy*, by the united power of all the Arts and Sciences in the World, except an obſtinate and daily perſever'd in Temperance is introduc'd to begin, carry on, and compleat, this *Herculean* (in regard to reſolution) *undertaking*.

It is from hence obvious, that I have in ſome meaſure conciſely aſſigned the baſis of an *hereditary Gout*, from the ſtructure of the *human Fabric* in a manner not altogether repugnant to the *Mechanical* operations of the *Solids* and *Fluids*, which compoſe this wonderful Machine, tho' doubtleſs not in ſo inſtructive a manner, as if I'd employ'd more time and been more particularly minute in *antomical enquiries*, and illuſtrated the diſcoveries deducible from them; but as an attempt of that Nature would be con-

trary to my intended brevity on this Subject, without affording any real advantage to *Arthritics*, who in general can not be presum'd capable to form juſt concluſions from the elaborate explanations of a Science in its different Branches, with which They are very little, (if at all) acquainted with; might not improperly be deem'd impertinent, as abſolutely foreign to this undertaking: I ſhall therefore proceed to illuſtrate the Cauſe of an *acquir'd Gout*, from the ſame principles, (*viz.* the ſtructure of the human Machine) by which I've evinc'd the Origin of an *hereditary One*, and then delineate ſome proper rules for the relief of Thoſe, who are Subject to the cruel vaſſalage of theſe Two excruciating Diſeaſes.

An acquir'd *Gout* (like the hereditary) is the Effect of the *vital Fluid* being accidenttally ſaturated with particles of too viſcous and glutinous a Texture, in conjunction with *Scorbutic*, (which gradually become *Arthritic)* Salts, and ſimular juices ſecreted from it; this *Craſis* of the Blood, is generally the reſult of Long-continu'd Luxury, and reiterated Intemperance eminently pejorated by a permanent and habitual Indolence, and an obſtinate inactivity: For tho' in *Gouty Subjects* of this Denomination, the Orifices of *Lacteal Veſſels* are naturally of more

more minute Diameters, than Thoſe whoſe *Arthritic principles*, are coeval with their exiſtence, yet by the continual preſſure and inceſſant admiſſion of *Chyle*, too adheſive and too viſcid, the gaping and recipient Orifices of thoſe Veſſels (not diſcoverable by any aſſiſtance) by Degrees become more patent, and conſequently admit larger particles of an *heterogeneous*, *ſizy* and *ſaline* conſiſtence into the maſs of Blood &c. from which may very obviouſly be deduc'd an *Iliad* of Corporal Miſeries of various denominations, eſpecially that which can not be eſteem'd the leaſt, the *Gout*: But as this is intended as a work of brevity, I ſhall refer the Reader to my *Treatiſe* on the *Rheumatiſm*, Fol. 17, 18, 19 and 20: printed for *Rivington*, at the *Bible* and *Crown*, In *St. Paul's Church-yard* LONDON 1735. for a more full and ſatisfactory delucidation of the *Modus Operandi*, by which our Aliment is convey'd into the blood, when the work of *Chylifycation* is compleated.

'Tis from hence obvious, that an *Original*, or *hereditary Gout*, from a Male-confirmation of the *Lacteal Veſſels*, or an *acquir'd One*, from a preternatural extended patency of *Them*, muſt elude all the Artillery of Medicines (in reſpect to its total extirpation) levell'd from the moſt ſagacious and ma-

ture Judgement, from the doctrine evidently deducible from this Maxim in the Art of healing, viz. *An Error in the first Concoction is not to be rectify'd by any of the secundary or subsequent Secretions* : The true Asylum therefore of *Arthritics* is immutably fix'd in the joyous pleasures of an exalted Temperance, (be the Disease either hereditary or acquir'd) regularly persever'd in thro' the various Stages of Life, notwithstanding which perhaps *Gouty sensations* may sometimes accrue, which by the interposition and salutary Assistance of riding on Horseback, will be subdued either by a total Conquest, or longintermission of the wracking assaults of this implacable Enemy : Riding as above will restore the *Solids* to their due *Elasticity* and comminute the viscidities of the blood to such a degree, as to render them capable of being evacuated, by the natural Secretions, wonderfully dispers'd thro' the human Fabric.

When the *Gout* in the Juventile meridian of Life displays its tyranny before the pernicious Seeds of Luxury, and Intemperance, have convey'd their malignant maturity into the *Fluids* and *Solids* of the *human Microcosm*, it is demonstrable that it proceeds from an *hereditary* disposition, before mention'd, viz. the Diameters of the *Lacteal*

al Veſſels, being naturally too large, tho' doubtleſs ſome *Gouty* impurities in the *Fluids* may be imbib'd in the firſt principles of Life, which cojoin'd will certainly accelerate the firſt approach, and if ſeparate, may retard the appearance of the Diſtemper.

I'm not inſenſible that ſome *Gouty* particles may be (and certainly are) convey'd from the Parent to the Offspring, in ſuch a manner as only to be inherent in the blood and juices ſecreted from it, but I could demonſtrate that ſuch an hereditary Contamination will never be ſufficient to exert itſelf in *Arthritic paroxyſms*, without the acquiſition of freſh materials, which can ſolely be transfus'd into the *vital Fluid* from the Malé-figuration of the *Orifices* of the *Lacteal Veſſels*, induc'd from the viſcid Nature of the Aliment &c. in the uſual, and extraordinary, mode of Life: Tho' on the contrary, the *Arthritic* formation of the *Veſſels* aforeſaid can in the common way of ſuſtenance, moſt certainly produce this grand ſcourge of human repoſe, this attrocious Tyrant, by all *Medicinal applications* Invincible, the *Gout*, for reaſons above aſſign'd.

I would not from hence be underſtood even to intimate that every Deſcendant from

a *Gouty* Stock, muſt be the unavoidable or neceſſary Inheritor of its Parent's *Arthritic* Malady, ſince daily Obſervation, and repeated Inſtances from ſucceſſive experience evince the Contrary even to the ſtrongeſt conviction, and the only aſſignable Reaſon, (cæteris paribus) for theſe Incongruous Effects from the ſame Original cauſe, in two or more different Subjects, is, the Orifices of the *Lacteal veſſels* in the *Arthritic* are more patent & larger *a naturali ſtructura*, than the Veſſels of the ſame denomination are in that Subject who lives in abſolute freedom from the miſerable Correction of the *Gout*, tho' the Method of Life (in both) in every particular is as near, as poſſible, the ſame: But to carry this doctrine ſomewhat farther, Let the Man whoſe Diameters of the *Lacteal Veſſels*, are more minute or ſmaller, live in the moſt *Bacchanalean* manner, he ſhall (till he has by habitual exceſſes enlarg'd the veſſels aforeſaid) not be under the vaſſalage of *Arthritic* pains; on the Contrary the Man (by both I mean own Brothers) whoſe Orifices of the *Lacteal Veſſels* are naturally more open or wider, ſhall even under the influence of a *common regularity*, to Eating, and Drinking, not be able to avoid frequent Aſſaults from the *Gout*.

By

By *common regularity* in the preceding paragraph, I would be underſtood to mean ſuch an uniform abhorence of all exceſs in the unelective uſe of Food and Liquors, as is the general and cuſtomary refreſhment of the Inhabitants of our Iſland, and which alone, (if a Man is of an Original *Arthritic* ſtructure) is capable not only firſt to excite, but afterwards by degrees exaſperate and protract the tortures of every *Gouty* decumbiture: Great are the conſtitutional peculiarities of *Arthritics*, and proportionably abſtemious ſhould be their manner of Life, of which hereafter.

'Tis an infatuation excluded from the common Laws of Commiſeration, in *Gouteers* whether *hereditary*, or *acquir'd* be the *Cauſe* of the diſtemper, on the firſt approach of *Arthritic* ſenſations, (truly ſuch) not to determine to abominate and refrain from ſuch inſalubrious modes of Life, which from their own experience, have not only contributed to inſtigate the frequency, but even enflame the continuance, and exaggerate the violence of the *Diſtemper*: Tho' I'm from innumerable Inſtances convinc'd, that under ſuch circumſtances, that the *Guſtus fruendi præſens* too often abhors and ridicules the rational and ſalutary Advantages, which a reverſe

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verſe Conduct, cautiouſly inſpecting, and attentively regarding, unnavoidable occurrences *de futuro*, would moſt Infalliably produce: An *Error* in this reſpect may with great propriety be deem'd one *peſſimi moris*, as it not only allays the real Comforts, but notoriouſly embitters the ſubſtantial pleaſures of Life, contracts its duration by accelerating it's Cataſtrophe, enlarges the Volume of Offences for the *Grand Audit*, when a well judg'd Temperance, and a prudential ſalutiferous Abſtinence here, with all other Virtues of every denomination will not fail of their due Reward hereafter.

It may I own be objected to the doctrine of the preceding paragraph, that the unhappy Sufferers of *Arthritic* Inquietudes, are not able to explain or account, as they are generally ignorant of the *Mechanical* ſtructure of the human Machine, and the manner of it's being daily recruited by aliment either of the *ſolid* or *fluid* kind, why one ſort ſhould more expeditiouſly and more certainly exitate and inflame the *Gout* more than another, as They cannot diſtinguiſh betwixt the ſalubrious and contrary properties of Foods, and Liquors, and that therefore they may regale (even to riot and exceſs) in what is moſt congruous to their unlimitted Appetites, and becauſe ignorant of ine-

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..ble Conſequences of ſuch Indulgencies, ..y cannot be intentionally guilty of a ..rnicious error in their way of Life, tho' ..ey actually thereby ſuffer, as acute, ſevere, ..d permament ſenſations of pain, as if they ..tranſgreſs'd againſt the dictates of their own ſudgement; to this I anſwer, that as it is a *naxim* in the *Conſtitutional Politic* viz, *Ignorantia Legis non excuſat Reum*, ſo *it* is not of leſs validity in the *Conſtitutional Natural*, for as in the firſt caſe the Gentlemen of the long robe, when properly applied to, are able and ready to adviſe of the legality, or contrary quality, of an action in the conduct of Life, before it is committed, ſo the genuine *Sons* of *Hippocratis* are capable of directing All, who are pleas'd to require their aſſiſtance, to the uſe or omiſſion of ſuch things as are conducible to Health, and Eaſe, or repugnant to thoſe two greateſt bleſſings on this ſide Heaven; and tranſgreſſors in either of the foregoing particulars may be ſaid to fall victims to their own ſupineneſs, or folly: Hence it is not unworthy obſervation, that the *axiom* in Phyſical practice, *which* is univerſally admitted to be true, viz. *peccata Omiſſionis meliora ſunt quam Commiſſionis*, is evidently contrary in regard to a Patients conduct, who by the omiſſion of rational and judicious advice from mature judgement, (if incapable of form-

forming ſuch for himſelf) generally involves himſelf in an extenſive circle of *Dietetical* errors, which gradually, or rather inſenſibly forms a very ſtrong baſis for a troubleſome retinue of Corporal miſeries, ſometimes abſolutely irradicable by all the conjunct efforts of the Medicinal Art.

FROM the previous explanation of the *Original Cauſe* of an *hereditary*, or *acquir'd Gout*, or a natural diſpoſition *ex parte* to the former, which by reiterated errors in Life is compleated by the latter in ſevere and confirm'd Paroxyſms, it is extremely obvious that a true, methodical, regular, and long-perſever'd in Regimen of proper nutriment, judiciouſly calculated not to oppreſs nature in the digeſtion, muſt not only in the Intervals of the Diſeaſe prevent the generation of thoſe *viſcid*, *ſaline*, and *acrimonious Juices*, which produce it, but even in the Fits, muſt ſubjugate the ſeverity, and ſhorten the continuance of thoſe dolorous Inquietudes, which are the inſeperable Attendants and unavoidable Concommitants of *Arthritic* Captives.

SEVERE correction for paſt Follies, is, in the common eſtimate of Mankind, the moſt efficacious method to deter from the recommiſſion of thoſe enormities, which induc'd the

the puniſhment, it is therefore religiouſly incumbent on *Arthritics*, as they eſtimate their Eaſe, and Life, to avoid the indulgence of Thoſe fugitive pleaſures, prolific of future miſeries, and from their own Sufferings to abſtain from ſuch *Cauſes*, which did, or can give birth to *Gouty* Inquietudes: And indeed if a ſucceſſion of painful Days & reſtleſs Nights, with a general inappetency, and an almoſt expiring dejection of Spirits, will not chalk out a deviation from thoſe Paths, which lead to ſuch a cruciating ſituation, there is very little reaſon to expect that any thing, but a total inability to tranſgreſs, can introduce a Reformation.

It is a very prepoſterous ſatisfaction, which ſome of the *Arthritic* tribe, form to themſelves of a Juvenile volatile Compoſition, in recent attacks of the diſorder, occaſion'd by frequent indulgencies of various denominations, that They can compound for ſuch exceſſes by *one annual Fit*, or at moſt *two*, in the Cardinal Seaſon for that diſtemper, viz. the *Vernal*, and *Autumnal*, by an *Arthritic* decumbiture, for thirty or forty days, &c. in one or both of the aforeſaid Seaſons of the Year, when the Blood (like the vegetable Kingdom) aſſumes a different *Temperament* in the *Animal Oeconomy*; but to ſuch I ſhall beg leave to obſerve, that e-

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very *Gouty paroxyſm* in proportion to it's frequency, violence, and duration, more, or leſs, imbecilitates the *Elaſticity* of the *Solids*,['till at length it is totally deſtroy'd, and Death enſues] by which the *Fluids* are rendered of ſo viſcous, and coheſive a texture, as to make that *Gout habitual*, which before was only *periodical* at the above mention'd ſeaſons of the Year, viz. The *Spring*, and *Autumn*: Thus like the Son of *Phlygias*, whilſt they flatter themſelves with the fruition of the *Goddeſs*, embrace a cloud, pregnant with ſuch Inflammatory, and lithiferous materials as will moſt aſſuredly bring forth the expeditious deſtruction of the human Fabric.

THE Career of an *habitual Gout*, when[it firſt appears to be ſuch]. may for many years be prevented from being fatal, and it's ſting much enervated, by a proper *Dietetic Regimen*, moderate daily exerciſe, and the aſſiſtance of ſome few Medicines, judiciouſly adapted to the peculiar Symptoms and apparent Circumſtances of the Diſtemper, and the peculiar Conſtitution of the Patient, which if cautiouſly obſerv'd, and reſolutely adher'd to, will certainly reduce it to its priſtine Periods, or terminate in ſuch *Paroxymuli*, or little Fits, as will in ſome meaſure claim an exemption, or at leaſt a com-

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fortable remiſſion from the implacable violence of the intenſe and dolorous Senſation, which in a reverſe State, renders Death more eligible, than Life thus environ'd with inſuperable Miſeries, and obnoxious to every temporal Curſe, which is, or can be, the common fate of Mortallity.

ARTHRITICS have originally very *robuſt Solids*, and vegete faculties, and as in other Inſtances, *Corruptio optimi eſt peſſima*, ſo in this, when accumulated conſtitutional tranſgreſſions have induc'd a relaxation in the vaſcular Canals of the human Machine, they become torpid in their Motions, and languid in their Vibrations, from whence proceed great Imbecilities in the Joints, nodoſe Contractions, chalky Concretions, and ſometimes exoſtoſes of different Magnitudes in various parts of the Body: And as frequent ſucceſſive Storms will deface the luſtre of the moſt finiſh'd Edifice, ſap its Foundation and by Degrees compleat it's Ruin, ſo will an habitual Indulgence in *Luxuries* and *Exceſſes* firſt excude, then exaſperate, ſuch hoſtile Weapons in the *Animal OEconomy*, as will not only deſtroy it's *Æquilibrium*, but lay waſte its very Exiſtence.

STRONG *Solids* in the human Compoſition are a true Baſis for the long Enjoyment

of good Health, durable Spirits, and real Activity in the general Functions of human Nature, and if under a due mediocrity in the eſculent and potulent Conduct of Life, ſupported, and improv'd, by proper and habitual Exerciſe, without fatigue, are productive of an healthful old Age, free from the numerous retinue of complicated Maladies, which is too frequently the acquir'd property of advanc'd Years, early effected by a voluptuous and ſenſual licentiouſneſs, abſolutely contradictory to all the Precepts of the Divine and Moral Law; from whence ſome Men not ſeldom become *Veterans* in the deſtructive Service of Debaucheries, and often decripid, whilſt in point of Years they are *Tyrones* in their paſſage to an Eternal State.

It may be obſerv'd not with Impropriety, that I've lay'd great Streſs on the *Solids*, in the production of the *Gout*, &c. and as it were mention'd little in regard to the *Fluids* of the human Structure, to which I anſwer, that if the *firſt* are *a naturali formatione* flaccid, or accidentally lax, and conſequently deſtitute of that Elaſticity, neceſſarily conducive to Health, the *laſt* will by the impeded, reciprocal Motions and Mechanical Operations of *one* upon the *other*, become of a viſcid and diſtemper'd *Craſis*, and vi-

vitiated texture. Q: E: D: And the Conſequence obvious.

HENCE the Blood in *Gouty paroxyſms*, extracted by the Lancet, is of too adheſive and compact a texture, and its Lymph of too glutinous a conſiſtence, the ſuperficies of it's *craſſamentum* is generally of a buff, or blewiſh Aſpect, and it's Serum of a Complexion tending to that of Milk, tho' in taſte extreamly ſaturated with inflammatory ſaline particles.

As I've made mention of the nature of the *vital Fluid* in regard to it's quality in *Arthritic* ſituations, ſo I muſt obſerve that I ſcarce ever found any apparent advantage accrue from *Phlebotomy*, when the *Gout* is in poſſeſſion of any of the extream parts of the Body, but on the contrary have frequently been an Eye Witneſs of many inconveniencies, which have inſtantaneouſly attended that practice, ſuch as great deficiency of Spirits, (and conſequently a leſs Ability to ſuſtain the repeated Aſſaults of *Gouty tortures*) nauſeouſneſs, and ſickneſs in the Stomach, with pain in the Lower Ventricle, and ſometimes a tranſlation of the Morbific Matter, to the Head, Stomach, or Bowels, Kidneys, or Neck of the Bladder; and then Scenes of ineffable Miſeries are produc'd,

which might have been prevented, had not the injudicious uſe of the Lancet pav'd the way for their Introduction.

I ſhall now proceed to enumerate ſome previous Symptoms, which uſher in the dawn of thoſe doloriferous Days, and wakeful Nights, when the *Gout* diſplays its inexorable tyranny to it's wretched Vaſſals; ſubjoining proper *Dietetic* and *Medicinal Directions*, which if regularly conform'd to, will diminiſh its future Violence, and haſten it's period; obſerving the ſame Method as well in the *State*, as in the *Declination*, of *it*, when I come to mention the unhappy Sufferers under theſe two different ſituations.

It is impoſſible to delineate the various appearances, and previous Symptoms, Introductory to every *Arthritic paroxyſm* in different Subjects, for as Mankind is originally form'd of Materials greatly diverſify'd in their Nature and Compoſition of each other, and the diſparity of many concuring Cauſes, excitive of this Diſeaſe, in the innumerable viciſſitudes of Life, very great, ſo its *preludatory Phænomena* cannot be properly aſcertain'd: It indeed very frequently happens, that the ſame Identical Perſon, ſhall in different *Fits* of the *Gout*, labour under many antecedent and dolorous Symptoms, greatly dif-

diſſimilar in their own Nature, from which he has heretofore ſuffer'd, whilſt the Diſtemper has been forming its Forces for a renew'd Attack, at different intervals of time; and this diſparity of Introductory Symptoms proceeds not from any eſſential Property of the conſtituent Principles, which excitate the Diſtemper, but from the greater or leſs redundancy of the peccant Humours, which by the Laws of Circulation are convey'd as well through the large as ſmall Veſſels of the human Fabric: The ſagacious obſerver of Nature, and honour of our Iſland, SYDENHAM, has in general with great Juſtice, and elaborate Accuracy, deſcrib'd the previous, concomitant, and ſubſequent Circumſtances of this grand Enemy of human Repoſe, to which the curious, as his Works are printed in our own Language, may occaſionally have recourſe: Notwithſtanding I apprehend it is in ſome meaſure incumbent upon me, to enumerate, and depinge, ſome of the moſt common and uſual Senſations, which are antecedent in the *Animal Oeconomy*, to an *Arthritic Captivity*, from my own repeated corporal Experience, and from the practical Obſervations, (not prematurely deduc'd, from Thoſe, who have been the Objects of my Care and Attendance: The Symptoms in the *State*, and *Declination* of the *Gout*, are in their own Nature ſelf-e-

vident, and therefore require no particular Dilucidation or Deſcription.

In *Gouty habits*, or a Conſtitution heretofore under the ſevere Correction of periodical Tortures either at the *Cardinal* or *other Seaſons* of the Year, when *Cardialgies*, or what is vulgarly term'd the *Heartburn*, with an *inflation* of the upper Ventricle, or the Stomach, and lower Bowels,, *inappetency*, and an uncommon or preternatural *ponderoſity* of the Body, when mov'd, a general *Laſſitude*, and a particular *torpor*, or *inactivity* of the joints, and *drowſineſs* almoſt unconquerable, with *ſtartings*, eſpecially in the firſt attempt to Sleep, with *horrible Ideas* upon Waking, little inferiour to the *final agonies* of expiring Nature, ſometimes with an *unuſual difficulty* in Breathing, attended with very *pungent Stitches* in the Side, and violent *palpitations* of the Heart, and an inordinate perception of a very *ſcorching heat* in the palms of the Hands, and in the ſoles of the Feet, with a *ſudden chilneſs* of a momentary Duration, which is ſucceeded by a *fluſhing heat*, which darts as it were in the moſt minute part of time thro' almoſt every Veſſel of the human ſtructure; the *Body* being *coſtive*, the *Urine*, (more than uſual in a ſtate of Health,) *hot*, and *flame-colour'd*, very *ſparingly*, or with *difficulty* diſcharg'd; when

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theſe, or ſome of theſe *ſenſations* appear under the Circumſtances mention'd in the beginning of this paragraph, it may certainly be prognoſticated, that *Arthritis eſt in Additu*, and that the more, or leſs *intenſe*, or *remiſs* theſe *Introductory Phænomena* are, the more or leſs violent will be the enſuing *paroxyſm*.

UNDER theſe *Diagnoſtic* Occurrences, a *febrile Diſpoſition* is more or leſs an attendant, and as the *achme* or *ſtate* of the Diſtemper advances, the Fever becomes legitimate, tho' not of an *Original*, but *Symptomatical Species*, entirely dependant on the pain; and as the *latter* is more or leſs ſevere, ſo is the *former* proportionably *acute* or *remiſs*——For *Sublata Cauſa Tollitur effectus*.

THE Fever, in no part of this Diſorder, requires a particular, or, in regard to itſelf, a diſtinct, Treatment, as *others*, which are *Original* certainly do; neither does it advance to a regular *Criſis*, and therefore cannot ſhorten the *paroxyſm*, or indicate the leaſt intermiſſion from pain to the *Gouty* Captive, but on the contrary enlarges the Circle of his Miſeries, and extends the melancholly Scene of his Inquietudes, and may in a

literal Senſe be ſaid to add a very exaſperated ſting to his Affliction.

In this prelude (*viz.* in the *Antecedent appearances* of the *Gout* to a future conflict,) which is not far off, the Patient ſhould have a very cautious, or religious regard, to the *Culinary Method* of Life; in which he ought to abſtain (if poſſible totally) from every kind of Animal Food, and inflamatory or Spirituous Liquors, and content himſelf with ſmooth, or other Pudding, Panado, ſmall Broths of Chicken, Veal, Lamb, or Mutton, Milk-pottage, Gruel, Blue-manche, diſſolved in warm Milk, Sago-Milk, in which is an equal Quantity of Barley-water, with the Barley, which compos'd the Water, Almond-Milk, with Bohea or Green Tea, with boil'd Milk in it, Chocolate, or Cocoa-Tea, with a very little Cream in it, with various other Articles of Life, of a Nature and Property, ſimular to Theſe here mention'd, in which he may juſtifyably indulge, as oft as he perceives the Stomach can agreeably bear them, by which the inflammatory particles in the Maſs of Blood, and Juices, ſecreted from it, which excite the Diſorder, will in a great Meaſure be extinguiſh'd, their vicidities diluted, and the Rage of the approaching Enemy not a lit-

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tle appeas'd in its firſt Sally and Excurſion.

NATURE in the firſt onſet or incipient appearance of many Diſeaſes, eſpecially of the *Gout*, is frequently oppreſs'd very *unwarily* in the *Kitchen-mode* of *Life* by enormous Indulgencies both in reſpect to the Quantity as well as Quality of *Foods* and *Liquors*, by which various Diſtempers are render'd fatal, which by a more abſtemious Courſe, without the aſſiſtance of either Phyſician or Medicine, wou'd have periſh'd even in the Embryo, and a Reſtoration to a healthful Meridian would often be the Reward of a Judicious Temperance.

SHOULD it be objected that this Introductory Regimen is too low, and conſequently inſufficient to compleat the great Work of expelling the Morbific Impurities upon the extreme parts, *viz.* into the Feet, Hands, &c. upon which the *State* of the *Gout*, is uſually form'd, I anſwer that the Method above propos'd, conſiſts of nutritive, diluting, and ſalutiferous Articles in Life, void of every Ingredient which may contribute to the exacerbation of the impendent Malady, without adding the leaſt impediment to the natural ſecretions, in their regular and uniform Offices in the *Animal Oeconomy*, in which

which not only the Alleviation of preſent, but the prevention of future Anxieties, in regard to pain, entirely conſiſts: Not but that ſometimes it happens (for nothing is infallable on this Side Heaven) that this *Dietetic Regimen* is abortive for the purpoſe, for which it is calculated, by an uncommon redundancy of *Arthritic* impurities in the *vital Fluids*, and the Juices ſecreted from it; the power of dilution, in this Method, being greatly inferior to the viſcous coheſions of the Blood, &c. which it was intended firſt to atenuate, and then expel by the Urinary Paſſages, or by an augmented diſcharge of the Capillary Veſſels of the Skin.

If in two or three Days time the *Introductory Phænomena*, or the certain *Diagnoſtic Symptoms* of an approaching *Gout*, do not by the preceeding *Dietetic Regimen* in ſome meaſure vaniſh or gradually diſappear by the acceſſion of extraordinary pain in the Feet, Hands, &c. which uſhers in the *State* of the Diſtemper, I would recommend the following *Bolus*, viz.

℞. *Philon. Roman. gr.* xxvj. *vel* ℥ſs.
Calomel. opt. Levigat. gr. xij *vel* xiv.
Sal. Nitri purificat. gr. iiii.
Ol. N. M. gtt. iiij. *M. F. Bolus.*

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Hora Somni ſumendus --- Per noctem (ſi vigil fuerit) bibat libere Serum Vin. Montan. pp. Calide. vel cum, vel ſine, gtar. q. S. Spt. C. C. perſe.

THIS Medicine by its warm, opiate, attenuating, aperient, and Diuretic property, under the Circumſtances above mention'd, *totam ſolvit paginam*, in precipitating the *State* of the Diſeaſe, by cleanſing the firſt Paſſages, and exhilerating *Nature* in the great and neceſſary buſineſs of obtruding the peccant and noxious Impurities (heretofore retain'd in the Maſs of Blood, &c.) on ſome of the extreme parts of the human Fabric, abſolutely requiſite, for the expeditious, and ſalutary ſubjugation of the impending Enemy, in regard to the preſent *paroxyſm*.

IF on the firſt Adminiſtration of the preceeding *Bolus*, the intended effect is not compleated, it may be repeated every other Night, leſſening the quantity of the *Calomel* in reſpect of its purgative operation, which very rarely fails of anſwering the Intention, for which it is calculated, but if it ſhould ſo happen, that it does fail, the following *Vomit* by pumping up the impurities from the Stomach, and giving a general conculſion to the *vaſcular Solids* of the Body, will aſ-

ſuredly bring the Diſtemper to its *State*, which ought, as much as with ſafety it can, be promoted.

℞. *Pulv. Radic. Ipecoc.* ℈i. *vel gr.* xxii. *aq. Puleg. Rutæ. ana* ℥vii. *Ol. Lini. vel Olivar. Syr. Violar. vel Dialth. a* ℥ii. *M. f. Hauſt. Emeticus Hora 6ta vel 7ma veſperi ſumendus.*

Inter vomendum bibat Copioſe' Infus. Flor. Cham. vel Iuſcul. Avenac. pro Renata.

Two or three hours after the operation of the *Emetic Draught*, it would be proper to take the following Draught, viz.

℞. *Spermat. Ceti. (vitell. q. S. Solut)* ℥ſs. *Aq. Cinnam. hordeat.* ℥iſs. *Mirab. (vel Pæon. Comp.)* ℥ii *Lapid. Contrayerv. Subtiliſs pulv. Antimon. Diaphoret. a gr.* xii. *Saccar. albiſs. q. ſ. M. f. Hauſt. ut ſupra prædict. vel Hora ſomni ſumendus—— Abſente ſomno Addantur LL. Syd. gt.* viii *vel* x.

By this Medical Aſſiſtance, when the *Dietetical Regimen* proves ineffective, the *State* of the *Gout* will ſoon appear, tho' the *Cu-*

Culinary Method muſt not on any Account be omitted.

I ſhall now attend with a *Dietetical* and *Medicinal* Regimen this Diſtemper into its *State*, viz. when the incipient Appearances, antecedent, and productive of it, are no more, or at leaſt very few, and the Fit by intenſe pain is actually form'd in one, or more of the extream parts of the Body.

In this ſituation, in the *Dietetic* manner of Life, I would recommend for Breakfaſt *Green* or *Bohea-Tea* with *boil'd Milk*, as hot as poſſible, in either ſort of the *Tea*, with the uſual repaſt of Bread and Butter, Oat-Cake butter'd, or plain common Cake, and that as ſoon as awake in the Morning, *Chocolate* may alſo be very proper, or *Cocoa-Tea* with Cream in it, *Milk-pottage* and ſometimes *Water-Gruel*, always obſerving not to take the ſame kind of Breakfaſt two ſucceſſive Mornings, and betwixt Meals, *Almond-milk*, *Barley-water*, or ſmall *White-Wine-whey* may be liberally indulg'd, always remembring not to load the Stomach with any ſort of Feod or Liquors, but if pain is exceſſive, and the Animal Spirits ſeem to ſink under its ſeverity, *Hartſhorn Drops* in *White-Wine-whey*, may be taken plentifully at diſcretion, and ſometimes

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a Glaſs of *Old Sack*, with an equal quantity of Boiling-water in it, or a ſmall Glaſs of *Sack* with a Toaſt in it, without any dilution; theſe, with ſimilar Articles in the *Dietetic mode*, will effectually anſwer the exigencies (in the *State* of the Diſorder) of the wretched *Arthritic*, now truly penitent for the reiterated former Exceſſes, which in a great meaſure, were the foundation of his preſent Miſeries, if not deduc'd from a natural Male-ſtructure of the *Lacteal Veſſels*, before mention'd, and even then, this Method anſwers.

For the great Meal, or Dinner, I would adviſe ſome *one* kind of the White Animal Foods, (if Fleſh of all ſorts cannot be refrain'd from) rather boil'd, than roaſted, without any Improvement, but that of plain melted Butter, or if agreeable to the Taſte, a little boil'd Parſley chopt very ſmall in it, always remembring that a fix'd hour both for *Breakfaſt*, *Dinner*, and *Supper*, ſhould be very ſtrictly regarded; within the juſt bounds of true moderation, at *Dinner*, the firſt *Liquor* to promote Digeſtion, ſhould be *Barley-water*, Milk-warm, or common Element beerify'd with a burnt Toaſt, ſoak'd for two or more hours in it, and cover'd the whole time, after this Entertainment one Glaſs of *Madeira-Wine*, may be allow'd to

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promote Digeſtion, and Chylification, by which the whole Man will be invigorated, and enabled to bear the future pains with greater Patience and Chearfulneſs: *Natura gaudet Simplicibus, quoad ſalutem* and therefore variety of Foods ſhould be avoided, as inimical to natural Repoſe, and incitive of Diſeaſes of various Appellations, and for the ſame reaſon, different kinds of Strong or Spirituous Liquors ſhould conſtantly be declin'd: Our Anceſtors were under a great weight of Years by an abſtemious Regularity Active, and Vigorous, whilſt their degenerate Poſterity by a reverſe and prepoſterous Practice, totter or rather ſtagger under complicated Conſtitutional Infelicities, before they arrive by Years to the eſtimated Meridian of Life.

IT was an Obſervation truly worthy of the Character of the Great and Learned *Sir* WILLIAM TEMPLE, in the uſual occurrences of Life, in the bloom of Health, viz. *---The firſt Glaſs for myſelf, the ſecond for my Friend, the third for good Company, and the fourth for my Enemy:* An Admonition not unworthy of an Ænean Inſcription with an Adamantine Pen in every public Place (not conſecrated) of all the Towns in the whole World; from whence, every Man, without being a great adept in the Rules of Proporti-

tion, may with parity of reaſon Judge what allowance is to be made in a valetudinary or declining ſtate of Life, when four Glaſſes were the very *totum* admitted in the *Zenith* of Health.

In the Afternoon I would farther adviſe a Diſh or two of *Coffee*, or the beſt *Green-Tea* daily, and that at a ſtated Hour, or as near as poſſible to it, with the diluting Articles above-mention'd at proper Intervals after it, and for Supper, any Article except Animal Food, that will give Nature little trouble in converting it to ſpeedy Nutrition, and to accelerate Digeſtion the ſame *Liquors* in the ſame quantities may be Drank of at Dinner, or *White-Wine-whey*, or *warm Gruel*, with two ſpoonful of *Mountain* or *Madeira Wine* in it, with or without Sugar, when on going to Reſt it would be very proper to take half a pint of *Barley-water*, in which is the *Barley* which compounded it, remembring to chew the *Barley* extreamly fine, before it is ſwallow'd, and thro' the Night diluting Liquors of various Denominations, may be occaſionally and liberally taken: But a *Diurnal* as well as *Nocturnal perſeverance* in this *Dietetical Regimen* muſt reſolutely be obſerv'd, if the Advantages, which will moſt certainly reſult from it, are deſir'd to be obtain'd, and tho' the conſtant pur-

purſuit of this Method, may be attended with ſome tranſient Mortification, yet the certain extrication from the *Gouty Inquietudes* will carry with it an ample compenſation: I ſhall add one caution and cloſe this Paragraph, viz. *partiality* in this *Dietical Regimen* is in ſome meaſure as detrimental to the repoſe of the Body Natural, as it is deſtructive of the Tranquility of a good Conſcience, in the Adminiſtration of Juſtice; And to the *Topical treatment*, and *Medicinal Regimen*, in the State of the Diſtemper.

NUMEROUS are the *Local Applications* which Authors mention, for the *Gout*, when it is in the Feet, Ancles, Knees, Hands, Wriſts, Elbows, or Shoulders, or even in the Hips, to which I own I was never a Friend, leaſt by ſo doing, as I've ſometimes found, the *Diſorder* ſhould be repel'd to the *Head*, *Stomach*, or *Bowels*, and there libertinize with great Cruelty, and Danger, tho' I confeſs I've often obſerv'd inſtantaneous Relief in the extream parts on the *ſubſequent Applications*, without the leaſt tendency to drive the Enemy to any of the more Noble parts of the human Fabric, the preſent malignity being much exhal'd by perſpiration from the following *Topical Application*, viz.

℞ *Flor. matur. recenter collect. Sambuc. ſtratum. Unum. indetur in vas fictile (Anglice an Earthen pipkin) cum Pauxillo Acet. Acerr. Salis Craſſior et nigricant. ſtratum Unum, et fiant ad* x *vel* xii. *ſtrata ſuperſtrata, vel amplius ſtet vas fictile in Hypogæo Hermetice clauſum per Menſem, poſtea applicetur Cataplaſmatis forma parti extremæ dolore Arthrico affectæ, et renovetur pro re nata, Omni Trihorio.*

THIS *Cataplaſm* is very offenſive to the ſmell, tho' efficacious in procuring a ceſſation from Pain in the extream parts by tranſudating the morbific inflammatory particles by the Cuticular pores.

THE other *topical Application*, to whoſe Virtues I'm no ſtranger, operates in the ſame manner, and ſafety, viz.

℞ *Theriac. Commun.*
alius Moloſs. q. ſ.
Illinetur ſuper partem dolore affectam, ad Debitam craſſitiem, deinde pannus Laneus illinetur eadem cum quo involvatur pars affecta ad tres vel quatuor Du-

Duplicationes, et renovctur pro re nata, Omni Trihorio.

BEFORE either of theſe *topical Applications*, the part ſhou'd be gently rubb'd with a ſoft warm Hand, and indeed by friction alone, an unexpected remiſſion from very violent Pain, is frequently produc'd, even to that Degree that Sleep will ſometimes very ſurprizingly be procur'd, and great Refreſhment enſue from it.

THE Benefit, which I've experienc'd from the preceeding *Cataplaſms*, has I own been in the recent Fits of the *Gout*, for in *Arthritic* Conſtitutions, for Years inur'd to the ſeverities of the Diſtemper, I conceive that their application would be of very little, if of any Advantage, but ſofar I will aver, that from their uſe on the extream parts, there is no Danger of repelling it to a more fatal ſituation.

IT is one of the *Aphoriſms* of the *Divine Old Man*, that *In acutis (ſcilicet morbis) cauſe adhibenda eſt medicina*, and indeed it is not more eminently verify'd in the Conduct of any Diſorder incident to human Nature, then in this, of which I treat, for from great variety of Obſervations, I'm convinc'd that *Arthritis non vult medicari*, eſ-

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pecially when it firſt attacks the extream parts, where, as ſuch, it has no deſtructive tendency, tho' accompany'd with inexpreſſible tortures, in which caſe, *Dolor eſt amariſſimum Naturæ Pharmacum*, and the more violent the pain, the ſhorter is its Duration, *& vice verſa.*

If Nature by the *Culinary regimen*, or *Dietetic method*, in the Introductory *Phænomena*, and antecedent Circumſtances, without any Medicinal Aſſiſtance, has been able to induce the *Gout* into its *State*, in which from ſuperabundant noxious Impurities, it rages with almoſt inſupportable Violence, migrating with cruciating rapidity from one, to another of the extream parts, and as it were threatening to take poſſeſſion of the Head, Stomach, Bowels, from an extraordinary or preternatural pungent ſenſation in thoſe parts, attended with great Nauſeouſneſs, Sickneſs, Vomiting, or an uncuſtomary Drowſineſs, with an inordinate diſtention of the Stomach, and Bowels; the following Draught taken at any time either in the Day or in the Night, will be of manifeſt Advantage, not only in cleanſing the firſt Paſſages, but by encouraging a due perſpiration thro' their inner Coats, (whoſe pores are cover'd with a preternatural *mucus*) and diſſipate the flatulancy, to which they are unavoidably ſub-

ſubject, as well in the *Introduction* as in the *State* of the *Gouty paroxyſm*, viz.

℞ *Spermat. Ceti.*
(*vitell. q.ſ. ſolut.*) ℥ſs.
Aq. Fænic. Dulc. ℥iſs.
Elix. Salut. ℥iiiſs.
Syr. Dialth ℥iiſs.
pulv. Rhei. opt. ℥ſs *vel gr.* xxxvi. *M. f. Hauſt. pro re nata ſumendus & repetendus.*

THE quantity of the purgative Ingredients, viz. of *Elix. Salut.* and *Rhubarb.* may be diminiſh'd or augmented, in regard to the Strength, and other apparent Circumſtances of the Patient, either in the firſt ſumption, or the repetition, of the Draught, obſerving, as much as poſſible, the diluting manner of Life in the Articles before enumerated.

THE Urine, which the firſt Appearances of the *introductory Symptoms* of the Diſorder, as well as in its *incipient State*, was of an inflammatory *crude* aſpect, will on the firſt or ſecond taking this Medicine depoſit a lateritious ſediment; the aggriev'd part will gradually tumefy and look very Red in one particular place, which accelerates a *ſalutary Criſis* of the Diſorder, and by Degrees extricates the *Arthritic* Captive from his miſe-

rable Jeopardy: When the Urine is replete with a *laudable* Subſidence, (which is not improperly call'd *Critical*) and the great Aſylum of *Gouty patience*, is almoſt exhauſted, *Sudorifics* to promote a preſent exterpation of the *Paroxyſm*, may at Night be judiciouſly adminiſtred from the Doctrine of HIPPOCRATES viz: *Cocta non Cruda ſunt evacuenda*, in the following form, viz.

℞ *Lapid. Contrayerv.*
Antimon. Diaphoret.
Spermat. Ceti. a gr. viii
pulv. rad. Serpent. Virg.
Caſtor. Ruſſian.
Camphor. a gr. ii.
Syr. de Mecon. q. ſ. M. f. Bolus.

Hora nona. Veſperi ſumendus, et repetendus Omni Trihorio ad tres vices ſuperbibendo Hauſtum Seri Vin. Montan. Canarin. a p. æ. ppt. calide cum gtar. q. ſ. Spt. C. C. per. ſe in Quolibet Hauſtu. Tempore Intermedio bibat libere, ſi vigil fuerit ſerum prædictum cum, vel ſine guttis prædictis.

IN the Day time the *Culinary Method* of Life before mention'd muſt be obſerv'd, and at Night occaſionally the *Bolus's* may be repeated, till the wiſh'd for exemption from pain is obtain'd.——If the Body is too coſ-

Coſtive, the Draught with *Rhubarb* muſt at any time be taken, or five or ſix Grains of *Rhubarb* be added to each of the *Bolus's* by either of which the firſt paſſages will be preſerv'd in a proper ſoluble State, their preternatural flatulency avoided, and an extirpation of the Diſeaſe more readily promoted.

If on the taking of theſe *Bolus's* there appear many cuticular Eruptions, it indicates a ſevere and long *paroxyſm*, and if ſome of them are Red, and others ariſe with ſmall Veſicles or like ſmall Bliſters in different parts of the Body, eſpecially in the Limb affected, it prognoſticates, that the Joint where the *Gouty Impurities* fixed firſt, will be for a conſiderable time incapable of Motion without great pain, tho' even under theſe Circumſtances, it is neceſſary that it ſhould be mov'd as much as poſſible in order to reſtore it to its priſtine Strength, to promote which the frequent uſe of the Fleſh Bruſh will greatly contribute: The Veſicles or little Bliſters, ſhould be conſtantly cut with Sciſſars, or open'd by the Lancet, Needle, &c. to evacuate the Saline lymph contain'd in them, which done the parts will cicatrize without any farther application.

MUSCULAR Inactivity, from great exceſs or long continuance, of *Gouty* pains, muſt create a relaxation of the *Solids*, and a proportionate viſcidity of the *Fluids*, to obviate which inconveniencies, as well as mollify the acuteneſs of the dolorous Senſations, and expedite a period of the preſent *paroxyſm*, *Bliſters*, (I don't mean to the part affected) in the *State* of the Diſtemper, are not without an apparent Advantage; by which, the *Solids* will in ſome meaſure be brac'd up, part of the inflammatory ſerum of the Blood be evacuated, and the remaining texture of the *Fluids* be reduc'd to a more minute and ſubtil conſiſtence: I mention not *Bliſters* as abſolutely neceſſary, and therefore ſubmit their Application to the diſcretion of Thoſe, who wou'd prefer a tranſient momentary Pain to the tedious Inquietudes of a long and ſevere Fit.

IF ſtranguries attend the uſe of *Epiſpaſtics* which is more common in *Gouty paroxyſms*, than in ſimple Fevers, tho' in them not infrequent &c. from the peculiar tendency of the Salts of the *Cantharides* to affect the Neck of the Bladder, and its contiguous parts, the following *Bolus* &c. will very expeditiouſly expel that complaint. viz.

℞

℞ *Camphor. opt. gr.* viij
Sal. Prunell. gr. vj.
Ol. Chym. Junip. gt. ij.
Conſerv. Fruct. Cynosbat. q. ſ. M.
f. Bolus.

Statini ſumendus ſuperbibend Hauſtum Lactis Amygdalinei calide, vel Aq. Hordeat— Repetatur Bolus. &c. ad Unam vicem ſuperbibendo ut prius. vel Aliter, pro re nata.

℞ *Fol. Malvæ Siccat.*
Heder. Terreſt. ſiccat.
Salviæ. ſiccat. a. p. æ. q. v.

Infunde in aq. Bullient. (more Theæ) q, ſ. Colaturæ Ibij *ſolve Gum. Arab. opt.* ℥ij. *Honimque Cola, cui adde Aq. Nephret. Syr. Dialth. a* ℥ij. *M. Cap. Hauſtum pro re nata calide Subinde.*

Liberal *Dilution* with *Whey* compounded with an equal quantity of *Sack* and *Mountain Wine*, with Liquors of a ſimilar lubricating, and nutritive property, is, abſolutely neceſſary in every Circumſtance attendant on the *State* of the *Gout*, provided the Stomach is not overcharg'd with too much at one time, or with too frequent repetitions of the preceeding Articles, by which due

due regard being pay'd to the foregoing directions, the *Diſorder* when in the extreme parts, will be compell'd to its *decline*, of which I ſhall now ſpeak.

When the inflammatory particles in the Maſs of Blood, &c. productive of the *Gout*, are by the conjunct power of Nature and Art, ſo far ſubdu'd, and evacuated by the Urine, the Capillary Veſſels, or any other *Critical Solution*, and therefore for the preſent incapable to commit any farther hoſtilities in the *human Fabric*, then, and not till then, the *Diſeaſe* may properly be ſaid to be in its *Declination*, in which *ſpace* of time the part affected, which in the *State* of the *paroxyſm*, look'd exceſſively Red, aſſumes a more *Pale* or *Natural*, Aſpect; tho' *it*, as well as neighbouring parts, continue much tumify'd, and are frequently *Oedematous*, with an alternacy of Weakneſs and Stifneſs in the Joint, and perchance a little, and ſometimes no pain, unleſs excited by preſſure, or motion.

In this pleaſing Scene (for ſo it may juſtly be call'd, in reſpect to the preceeding outrages in the *State* of the Diſorder) there's no Danger of the removal of the *Gout* from an extreme part of the Body, to the Head, Stomach, and Bowels, &c. if a proper Culi-

na-

nary Regimen is attentively obſerv'd *de Die in Diem*, and indeed it is requiſite cautiouſly to regard that Method in aſſiſting the Recovery of the Uſe and natural Faculty of the imbecilitated parts, which the Severity and Continuance of the late pains have much impeded, if not totally loſt: But as it is frequently a Work of much time ſolely by the *Dietetic mode* of Life, (if the late *paroxyſm* has been very violent) to obtain Vigour, and Activity, I ſhall ſubjoin ſome *Gymnoſtic*, and *Medicinal* exhortations, which if regularly practic'd, will greatly facilitate a Reſtoration to an Healthful State of Muſcular motion, &c.

When the *Diſorder* is in its *Declination*, gentle rubbing with a ſoft Hand, a Ball of new Flannel, or with the Fleſh-Bruſh, if the part affected can ſuſtain ſuch preſſure, or a Cataplaſm of White-Bread and Milk, with a little *Linſeed-Oyl* in it, will ſurprizingly diſlodge the *Arthritic* remnant of Impurities from the Joint, on which they are depoſited——Every Method of motion for the aggriev'd part ſhould be frequently try'd, by which with the preceeding Aſſiſtance, the *Elaſticity* of the *Solids* will be gradually reſtor'd, the *Fluids* render'd of ſo fine a conſiſtence, that the peccant particles will be diſcharg'd

charg'd by the Cuticular pores, or reaſſum'd by the circulating Maſs, and evacuated by Urine, &c.

VARIOUS are the contrivances which Reaſon will ſuggeſt, for the Exerciſe of a *Gouty* Limb, when the pain is in a great meaſure exhauſted, and the more it has of it, the ſooner it will acquire Vigour, and Activity, but above all I would prefer Riding on Horſeback, twice or thrice per Day, which once experienc'd, will I'm confident want no farther Recommendation: The numerous Advantages reſulting from this and many other Exerciſes may be deduc'd from FULLER's *Medicina Gymnaſtica*, a Book wrote with great Judgement, Accuracy, and Honeſty, not unworthy the ſerious peruſal and daily Obſervation of every *Arthritic* and *Valetudinarian*, who is ſolicitous of purchaſing a Freedom from different kinds of Miſery at a ſmall and inconſiderate Expence.

IF a timerous Obſtinacy, or a reſolute Inability to bear the tranſient, tho' neceſſary moleſtations of Motion, and repeated Exerciſe is the property of the *Gouty* Captive, as yet in the *decline* of the *Diſtemper*, not totally extricated from his thraldom, an incapacity of muſcular Action without Pain

yet

yet remaining in the affected part, and a great Weakneſs attending its uſe, when mov'd, the Joint itſelf with the neighbouring parts being much tumify'd, tho' not, (or very little) diſcolour'd from its natural Complexion, the following *Medicinal Aſſiſtance*, obſerving the preceeding *Dietetic Regimen*, will diſſolve the Chains of his Captivity, reintigrate muſcular Strength, and Agility, heretofore debilitated by the ſucceſſive ſeverities of Pain, and introduce a vigorous Chearfulneſs for the common Offices of Life.

℞ *Calomel. opt. Levigt. gr.* vj. *vel* viij.
Antimon. Diaphoret. gr. iiij.
pulv. Rhei. opt.
Radic. Jallap. a gr. v.
L. L. Syd. gt. iiij. *Sal. Nitri gr.* v.
Sapon. Venet. ℈ſs.
Bals. E. Mecha. q.ſ. M.f.
Bol. H. S. ſumendus.

Craſtino Mane, Jejuno Ventriculo, bibat paulatime lbij. *Aquæ Cheltenhamienſis, vel Ejus defectu, Aquæ Scarborienſis.*

Repetatur Bolus nocte quaque 3tia *vel* 4ta *ad tres vel Quatuor vices, pro modo Operationis et ratione viri-*

rium, Mane Sequente bibendo Aquam predictam, ſi Res nata poſtulaverit.

WHEN *Cheltenham* or *Scarborough Water* cannot be obtain'd, I wou'd recommend the following *Cathartic* to be taken and repeated at the above-mention'd diſtances of time, tho' I own I prefer the preceeding to the ſubſequent Medicine.

℞ *pill. Coch. min.*
Extract. Rudi.
Calomel. opt. Levigt. aƷſs vel gr. viij
Ol. Aniſs. q. ſ. M. f. pill. nº. vj.
Hora 4ta vel 5ta mane in Lecto ſumendæ cum regimine debito.

Inter operandum bibat lbij. *vel* iij. *ſeri Vin. Montan. alterati calide.*

SOME Men have indeed either a natural or acquir'd Averſion to Solid Medicines, the latter from too frequent a neceſſity of having from ſome peculiarities of their Conſtitutions, recourſe to *Electuaries*, *Bolus's* or *Pills*; where this is the Caſe, the follow-Draught taken, and repeated under the former limitations, may effectually Anſwer the Intention of the Preſcriber, and the expected Advantage of the Patient.—viz.

℞.

℞ *Sennæ Alexandrin.*
(a Stipitibus. liberat.) ℥ij.
Radic. Rhei. Incis. ℥ſs.
Semen. Cardamon. minor.
Fænic. Dulc. a ℈j.
Sal. Tartar: ℈ſs.

Infunde in aq. Bullient. q. S. pro Colaturæ ℨiiſs.
Adde Spt. Lavend. Comp. S. O. ℥j.

Syr. e Spin. Cervin.
Roſar. Solutiv. a ℥iſs *M. f. Hauſtus.*

primo mane ſumendus—
Inter operandum bibat Libere Infuſum tenue Florum Chamomeli. vel Infuſum Theæ Boheæ, cum Lacte cocto, ſaccharo ad ſaporem edulcoratæ.

To invigorate the Appetite, that is to reſtore the lax'd Fibres of the firſt ventricle, to their due Elaſticity, and carry of the remaining Impurities by Urine from the maſs of Blood, the following *Apoſeme* will not a little aſſiſt—viz.

℞ *Radic Altheæ.* ℨiſs.
Fœnic. Dulc. Petroſolin. Macedon. a ℨj.
Tinct.

Tinct. Salis. Tartar ℥vj.
Semen. Dauc. Sylveſt. ℥ij.

Caque in aq. Hordeat. lbiiſs. *ad* lbiſs. *Colaturæ adde Aq. Junip. Fort. Syr. e Quinque Radic. Aperient. a* ℥iij. *Sal, Nitri.* ℥iſs. *M. f. Apoſema, Cujus aſſumantur* ℥iv. *Hora decima mane, quinta poſt meridiem, et* ℥ij *Hora Somni Diebus e Catharſi liberis.*

THIS *Medicine* in Conjunction with either the *Solid* or *Liquid* preceeding *Purges*, will entirely diſſipate and carry of, thoſe *Oedematous ſwellings*, which is generally conſequential to the *Gout*, in the extreme parts, and which is ſometimes injudiciouſly term'd of a *Dropſical* Diſpoſition, tho' ſtrictly ſpeaking it proceeds from a very different Foundation, and by this Method and conſtant Riding on Horſeback will be effectually vanquiſh'd provided the Patient, will conſtantly go to Bed early, and leave it when Nature is ſufficiently refreſh'd with the Sleep of the preceeding Night.

BASKING in Bed in a Morning after a due portion of Sleep has been obtain'd, of which every one may Judge by the flow of Spirits which he perceives and the encreaſe of muſcular Vigour, very much depreſſes

preſſes the *Elaſticity* of the *Solids*, and conſequently renders them leſs Active for the common Offices of Life, and the eligible Proſpect of length of Days, and therefore from the dictates of Prudence ſuch Indulgences ſhould reſolutely be avoided, and *Exerciſe*, eſpecially on *Horſeback*, as early as poſſible in the Morning, in due Moderation ſhould be daily perſever'd in, which from a pleaſing Experience will be found the moſt *Cordial Opiate* for every approaching Night, on this Side the Grave.

In great proſtration of Strength; and dejection of Spirits in *Chronic* Diſorders, or after the extirpation of *Acute* Diſtempers, there is a claſs of Men, who are diffident of a compleat Reſtoration to Health without the daily interpoſition of *Stomatic Bitters*, and indeed, in ſome Inſtances I muſt own, they are not only uſeful, but even neceſſary, to acuate the lax'd Fibres of the firſt Ventricle, invigorate the Appetite, and thereby procure an addition of muſcular Activity, and a tranſporting Inundation of Animal Spirits, tho' in other Inſtances I confeſs that they are too frequently us'd to ſupply the Place, or anſwer the Intention of a *Lithiferous* (Cordial as it is term'd) *Dram*, than the habitual uſe of which, nothing is to human Nature more pernicious, or more productive of various Scenes of Miſeries, which gradu-

ally lay waſte, and annihilate the Sovereign Luſtre of the whole Creation.

WHERE there is an apparent indication for *Stomatic Bitters*, the following, either as a *Wine*, or *Water*, *Bitter* concedes to none, in the whole Republic of Phyſic, and what for many Years, I've order'd with uncommon Succeſs, and the Compoſition itſelf, of ſuch a Nature as always to be ready for extemporaneous Practice, either from the Shop or the Cloſet, and is alſo agreeable in *Green* or *Bohea-Tea*, where Bitters are requir'd. The form of which follows. viz.

℞ *Cort: Aurant: ſice* ℥ij:
Radic: Gentian: Incis: ℥i:
Caſſumun: tenuiter Incis: ℥iij:
Calam: Aromat: Incis: ℥ſs:
Nucis: Moſchat: Coccinel:
Cinnam: Acutiſs: a ℥j:
Spt: Vin: Gallic: lbii:

Infunde frigide per Septimanam, et per filtra Trajice.

IF I intend a *Wine Bitter.*

℞ *Tinct: Stomach: amar: ſupra preſcript:* ℥j:
Vin: alb: lbi: *M.*

IF

If I prefer a *Water Bitter*----

℞ *Tinct: amar: Stomach: ſupra præſcript* ℥j:
Aq: Abſynth: Maj: Comp: ℥iij:
Aq: Fontan: ℥xij: *M.*

The *Vinous Bitter* may be taken two or three Spoonful at Ten in the Morning, and Four or Five in the Afternoon, Drinking after it a Glaſs of *Briſtol*, or *Bath*, *Water*.

The *Aqueous Bitter* may be taken at the ſame Hour, to Four Spoonful, Drinking after it a Glaſs of *Pyrmont*, or *Spa-Water*: Or either of the preceeding *Bitters* in the above-ſaid quantity, may be at Medicinal Hours taken *per ſe*, when the above-mention'd Waters cannot be obtain'd, always remembring not to uſe either of the *Bitters*, 'till the Antecedent *Cathartic* either of the *Liquid* or *Solid* kind, has been taken *ad duas vel tres vices*.

In all Caſes where *Stomatics* are adviſeable this *Tinct: amar: Stom:* has its due weight, and in all decocted Preparations of the *Cort. Peru:* greatly promotes the efficacy of the *Bark*, if one Ounce, or an Ounce and half of it is added to Twelve, or Fourteen Ounces, of the colated Decoction.

I've hitherto began with the *Gout*, and attended it from its Introductory Appearances thro' its different Stages in a regular *Paroxyſm* in the extreme parts, I ſhall now proceed to ſpeak of *it* in its moſt dangerous ſituations, viz. in the *Head*, *Stomach*, and *Bowels*, in which I ſhall not deſcend to particularize the minute Symptoms, or peculiar Circumſtances of the *Diſorder* in any of the preceeding parts, the exquiſiteneſs of the Pain being ſufficient not only to indicate but even aſcertain, the Nature of the Diſtemper in that part, where its Severity Rages in all *Arthritic* Conſtitutions.

The *Gout* very rarely diſplays its Tyranny in the *Head*, *Stomach*, or *Bowels*, unleſs in the Decline of Life, ſome Male-Topical Application in an extreme part, or ſome accumulated irregularities in the mode of Life as to Quantity, and Quality, of Foods and Liquors.

But before I proceed to the peculiar Treatment of the *Gout* in the *Head*, *Stomach*, and *Bowels*, I ſhall obſerve another Species of that *Diſorder* of a very excruciating Complexion, under the moſt exquiſite Senſations of Acute Pain, viz. the *Sciatica*, or *Hip-Gout*, which not only in a moſt outra-

ragious manner affects the part from which it assumes its Name, but even with a proportionate Violence of dolorous Torture Rages down the external Vessels of the Thigh, Leg, and Foot, sometimes attended with a most painful Numbness from the *Hip* even to the very Toes, and no possibility of laying the affected parts in any Position to procure the least Mitigation of the Misery, incident to the Violence of this Disorder for a small Time.

This Species of the *Gout* is frequently the Lot of many who were never Subject to any regular Attack, of *Arthritic* Tortures, in any other of the extreme or other parts of the human Fabric, and when so, demands a peculiar Treatment different from what the *Gout* requires in any other of the Body, but when an *Original Gout* migrates and in its Circuit Fixes on the *Hip*, and its contiguous Muscles, it ought to be encounter'd with the same *Dietetical* and *Medicinal Regimen*, as the *Gout* in the extreme parts, to which it will most assuredly, but not expeditiously submit, especially if the Foot, Ancle, or Knee, on the same Side, as the affected Hip, are free from *Arthritic* Pains, *Extrahitur Sanguis e Saphæna in aqua Calefacta ad* ℥viij: By this mollifying (in respect to the pain in the Hip) evacuation, the peccant

Impurities will be ſolicited to a more dependant Situation, and compleat and finiſh the *Paroxyſm.*

THIS kind of *Hip-Gout*, where the Party has not been affected with a regular or an irregular *Gout* in any other parts of the Body may proceed from two very different Cauſes, viz. from a ſuperabundant Acrimony of Saline Scorbutic Particles, which occupy the Muſcles of the *Hip*, &c. and this Species of the Diſtemper, will ſcarcely admit of a Common Degree of Warmth, either in Bed or otherwiſe, ſuch a Situation very much exaſperates its Tortures, and therefore requires, to enjoy a little freedom from Pain, a more Cold Temperament: The other Cauſe of this Malady, of a different Complexion from that above-mention'd is an Obſtruction of the Cuticular Pores, or an inſinuation of nitrous Particles into the Maſs of Blood, through the Capillary Veſſels, which renders the Vital Fluid preternaturally denſe, and depoſit their Viſcidity to ſuch a Degree on the Muſcular parts of the *Hip*, as to render them too lax, and by that means ſubvert for a time their motive power of *Elaſticity*, and ſo from a laxation of the Veſſels, and a Viſcidity of the Animal Juices, reſults the Pain inſeperably annex'd to this Diſorder; and this Species of this Ma-

Malady, will demand for its Extirpation as much additional Warmth, as any to which human Nature from the Laws of its Exiſtence is unavoidably Subject to: And this ſort does generally owe its origin to Lying or Sitting on the Ground or any other external Cauſe, which may occaſion an Obſtruction of the Pores, &c. and is uſually term'd getting of Cold.

THE *Saline Scorbutic* inflammatory kind of this Diſorder requires *Phlebotomy* in habits not otherwiſe *Gouty*, viz.

Mittatur Sanguis e brachio primo mane vel e pede in Latus affectum ad ℥xij: *et repetatur, Veneſectio Alterno (vel Die Tertio pro re nata) ad Duas vices: vel parti dolere affectæ applicentur Cucurbitulæ, poſt primam Veneſectionis celebrationem, ut extrahantur Sanguinis* ℥viij: *vel* ℥x: *S. A.*

Peracta venæſectione Capiat ut infra viz.

℞ *Gum: Guiac:* ℥j: *Sapon: Venet:* ℥iſs: *Solve in Vitel: q: ſ: Aq: Fœnic: Dulc:* ℥x: *Nephret:* ℥ij: *Syr: Dialth:* ℥j: *LL: Syd: gt:* xxxx: *m: f: Solutio:*

Capiat Coch: ij: *vel* iij: *Omni Trihorio nocte, Dieq: ſi vigil fuerit.*

THIS Medicine with the diluting Regimen before mention'd, will eradicate the Diſtemper, if perſever'd in with regularity, and aſſiſted with daily Equitation.

THE Uſe of the Fleſh Bruſh will facilitate a Reſtoration to an Healthful State, and mollify the preſent ſeverity of Pain, with the Aſſiſtance of the preceeding *Dietetical* Method, &c. but then the Enemy muſt be attack'd *more prædicto* on its firſt Appearance, or a Conqueſt will be greatly procraſtinated by a long Series of Inquietudes, for tho' in a literal Senſe, delays under theſe Circumſtances are not immediately dangerous, they are always productive of extenſive Miſeries, and in this Caſe by neglect of proper Applications, the Thigh, Leg, and Foot, become inſenſibly emaciated, & an invincible Numbneſs is frequently their general or particular Inheritance, to the laſt period of Time.

THE other Species of the *Sciatica* or *Hip-Gout*, in Conſtitutions in no other reſpect *Arthritic*, is of a Frigid or Cold Nature, and regard being had to the *Diluent* and *Dietetic Regimen* above related, will concede to the ſub-

ſubſequent Medicinal Treatment, if Reſolution and perſeverance is Active and Vigorous, without which, in this or any other kind of the *Gout* no great Relief can be reaſonably expected, or at leaſt if it is, the Patient's hopes will certainly be fruſtrated, and the Scene of his Inquietudes not a little enlarg'd.

WHEN the Pain in the *Hip* is great, and a ſenſe of Coldneſs is perceiv'd, in the neighbouring parts, it is adviſeable to rub the part with a *Fleſh-Bruſh*, warm Flannel, or Hand, and then apply the following *Emplaſter*.——*viz.*

℞ *Theriac: Ardrom:*
Galban: non Colat: a p: æ:
pic: Burgund: parum:
Opii. Igne optime ſiccat:
Subtiliſs: pulv: gr: xij:
Camphor: Ol: Succin: q: S:
Solut: ℈ſs M: f: Emplaſt:
Super Alutam extenſum parti dolore affectæ applicandum, et Tertio quoque Die renovandum; pro re nata.

THIS Application will warm, invigorate, and perſpire the part, by exhaling ſome of the impacted, peccant Impurities thro' the Cu-

Cutaneous Pores; twelve or twenty Hours after this Emplaſter has been us'd, obſerve as follows. viz.

In medio Externi femoris in Latus affectum.---Applicentur Cucurbitulæ ad extrahendas ℥viij: *Sanguinis, et Hora Somni Capiat Sequentes pillulas, et eodem tempore plautæ pedis applicetur Emplaſtum prædictum, et pro re nata Tempore prædicto renovetur.*

℞ *Calomel: opt: Levigt: gr:* viiij:
Pill: ex Duob: Coch: Min: a gr: vij:
Laud: Londin: gr: i: *Bals: Peru: q: S: M: f: pill:* N°. iiij *Hora Somni ſumendæ cum regimine mane ſequente.*

Inter operandum Mane Sequente bibat Serum Sequens ad lbiij: *vel* lbiiij: *Calide.*

℞ *Lact: Vaccin: Cong: ſſ:*
Semen Sinapios opt: ℥iiſs:
Coque, donec ſcreſcit, in uſum prædictum.

Repetantur pillulæ Nocte quaque Quarta ad tres vices pro re nata.

The

THE *Calomel* may be augmented or diminiſh'd in reſpect to its Operation, and the Patients Strength.

Uno Die Elapſo poſt primæ Carheſios operationem, Capiat Miſturam ſequentem. viz.

℞ *Ol: Ætherial: Terebinth:* ℥j.
Spt: Lavend: Comp: ſ: O: ℥ſs:
Tinct: Caſtor: Ruſſian:
Spt: Caſtor: extract: ℈j:
L: L: Syd: gt: xij: *M.*
Capiat primo mane Jejuno ventriculo in ℥xij: *Seri Calide Vin: Montan: ppee: bibatque* lbſs: *ſeri prædicti omni Hora ad tres vices, Diebus e Catharſi liberis.*

THIS mixture from the Nature of its Ingredients is not always very agreeable to the Stomach, I ſhall therefore ſubjoin a *Bolus* calculated for the ſame Intention and, which will as effectually anſwer the exigencies both of the Patient and Preſcriber.—viz.

℞ *Terebinth: e Chio: gr:* xij:
Sal: Succin: gr: iiij:
Teſt: Ovor: Calcinat: gr: vj:
Milleped: ppt: gr: v:

L:

L: L: S: gt: viiij: *M: f: Bol: primo mane jejuno ventriculo ſumendus, ſuperbibendo* lbſs: *ſeri Vin: Mont: ppt: calide cum gtis:* xx: *Spt: Nitri Dulcis et repetatur ſerum Omni Hora cum gtis ad tres vices.*

IT is impoſſible to aſcertain how long this *Medicinal Regimen* muſt under the Aſſiſtance of the *Dietetic mode*, be continued, for the extirpation of either of theſe Diſorders, but ſo far I may aſſert, that both of them under the previous Directions will be remov'd, eſpecially in the latter Caſe, when the Patient finds a Mitigation of his Pain, he looſes ten or twelve Ounces of Blood from his Arm. I ſhall now proceed to the Management of the *Gout* in the Head.

WHEN this miſerable Situation, *viz.* The *Gout* in the Head, is the Lot of human Nature, it requires every Effort in the whole Circle of Knowledge to prevent its *Cataſtrophe*, in which on the very firſt Appearance of the Diſorder no time is to be loſt, that the Enemy, if poſſible may be expell'd to a leſs dangerous Quarter; to effect which *Evacuation* and *Revulſion* of various kinds are abſolutely neceſſary, the inordinate Pain in the Head, every Moment threatening

ing an *Apoplexy*, *Convulsions*, or *Palsy*, by which the Fabric will very soon be laid waste: In this perilous State, its very preposterous to wait or trust alone to the Administration of Internal Medicinal Assistance, on the first Appearance therefore of the Disorder taking Possession of the *Head*, it will be advisеable to have immediate recourse to the following Applications. viz.

℞ *Summit: Absynth: Roman: Abrotan: Centaur: Min: Rorismarin: Rutæ a* ℥j: *Flor: Cham: Mellelot: a* ℥iij: *Baccar: Lauri: Junip: Contus: a* ℥iss *Inscindantur Herbæ, et Flores S. A. pro fotu--*

Coque in aq. fontan. Cong. iiiiss *per semihoram.*

In fotum cum Ingredientibus Indentur pedes ad medium Crurem, (Liquore ad Debitum. calorem redacto) et embrocentur pedes Tali, et Crura optime manibus---

Inter embrocandum ab Arteria Temporali mittatur sanguis ad ℥viij:

Repetatur fotus omni Hora ad tres

Tres vel Quatuor vices pro re nata, et ſi opus fuerit, in tertia immerſione et embrocatione, applicentur inter Scapulas Cucurbitulæ ad Extraherdas Sanguinis ℥vij: *vel* viij:

If from the uſe of this fomentation, &c. the Violence of the *Arthritic* Pain is not mitigated or remov'd, ----

Applicetur Emplaſt: Epiſpaſt: pone ambas Aures, et internis Tibiis, et Injeciatur Enema Sequens, viz.

℞ *Decoct: Commun: pro Clyſterib:* ℥x: *pill: Ex Duob:* ℥ſs: *Terebinth: Venet: (vitell: q: S: ſolut:* ℥ij) *Elix: Salut:* ℥ij: *LL: Syd:* gt: xxxx: *M: f: Enema pro re nata Injeciendum.*

As to Internal Applications, *Volatile Salts*, *Camphire*, and other *Nervous Articles* in the Republic of Phyſic, may be not without an apparent Advantage in Conjunction with the preceeding Method, tho' by themſelves not entirely to be rely'd upon, as they will by their native warmth, dilute, and evacuate, both by the Cutaneous pores and U-

Urinary Paſſages, many of the peccant viſcidities from the Vital Fluid, and thereby leave the remaining Maſs in a more ſalubrious State; and if perſpiration is greatly impeded, the ſubſequent *Bolus*, may be beneficially adminiſtred, viz.

℞ *Pulv: Radic: Serpent: Virg:* *gr:* xij: *Sal: ſuccin: vel Volat:* *C: C: gr:* iij: *pulv: Caſtor: Ruſſi-* *an: gr:* iiij: *Croc: gr:* vj: *LL:* *Syd: gt:* vij: *Syr: Croc: q: ſ:* *M. f.*

Bolus pro re nata ſumendus, et Omni Trihorio repetendus, ſuperbibendo Hauſtum ſeri Vin: Canarin ppt. calide cura gtar: q: ſ: Spt: C: C: per ſe.

Or the following Liquid Medicine is calculated for the ſame Intention, viz

℞ *Decoct: Sacr: Pharm: Fulleri:* ℥x: *Spt: Lavend: C: S: O:* ℥iij: *Oxynell: ſcillit:* ℥iſs: *Tinct: Croc: aq: Theriac: Extract:* ℥vj:

M: Capiat Colch: ij. *vel* iij: *Omni Bihorio vel Trihorio, ſuperbibendo Hauſtum ſub calide ſeri Vin: Canarin: alterati:*

If

If from this *Method*, the preceeding *Dietetic Regimen* being obſerv'd, the *Gouty ſenſations* in the Head are not reliev'd by the expulſion of the *Diſorder* to an extreme part, but *Convulſive Vertiginous* and *paralytic Symptoms* appear with a total Suſpenſion of Reaſon, or a *Coma*, either of the *Vigil* or *Somnolentum* Species, the diſſolution of human Nature is not far off, and all future Attempts, to prevent the fatal Progreſs of the *Diſeaſe* will be rendred abortive.

I shall now proceed to the treatment of this *grand Enemy* of Mankind, the *Gout*, in the firſt Ventricle, or Stomach, in which there are various Methods to diſlodge or expel the *Diſeaſe*, from this Veſſel, viz. the Stomach; but before I proceed to enumerate them, I ſhall beg leave to animadvert, of a very common, tho' often dangerous, Error, when the Diſorder is in any of the extreme parts, by which the *Arthritic fomes* is certainly augmented, and inflam'd in the Maſs of Blood, and frequently ſolicited, or rather ſtimulated, to take Poſſeſſion of the Stomach, viz. When the *Gout* is in the Feet, Hands, &c. Some Men are too much devoted to an Indulgence in generous Liquors, viz. *Wine*, &c. in hopes (as They ſay) to ſecure the firſt Ventricle from the Attack of the

the Diſorder, which is already in Poſſeſſion of one or more parts of the human Fabric; but this Method is like pouring Oil upon Fire in order to ſuppreſs, and extinguiſh it, which is well known to have a very contrary Effect, and therefore ought to be abſtain'd from, leaſt the Equilibrium of Nature ſhould be ſo far impair'd or deſtroy'd, as to ſuffer the Enemy to Triumph in its diſſolution from the accumilation of *Arthritic* Principles in the Stomach itſelf, for what invigorates the Cauſe, cannot enervate the Effect.

When the *Gout* is in the Stomach from ſome Male-*Topical* Application on an extreme affected part, *Bliſters* near the part *Originally Arthritic* will be of real Uſe, tho' it wou'd be extremely Injudicious to wait for that Evacuation, or rely on that alone, it is therefore adviſeable to Pump upon the morbific Impurities to have immediate recourſe to an *Emetic*, viz.

℞ *Infus: Calid: Theæ: Virid: vel Flor: Card: Benedict: vel Flor: Cham: q: ſ: ad tres vel Quatuor, Evomitiones excitandas.*

If either of theſe *Infuſions* are not ſufficient to procure three or four Vomitings,

recourſe, to obtain the End, muſt be had to *Officinal* Preparations, viz.

℞ *Tinct: Radic: Ipecocuan:*
Vin: alb: ppt: ℥iſs: vel ℥j:
Infus: Croc: Metall: ℥iſs:
M: f: Hauſt: Emetic: pro re nata ſumendus.

Inter Operandum bibat Libere Iuſcul: Ovin: vel Vetulin: ten: ad coercendas tres vel quatuor vomitiones.

As the Tincture of the *Indian-root*, viz. the *Ipecocuana* is not a Diſpenſatory Preparation, I ſhall ſubjoin the mode of that Compoſition, which on all Occaſions I prefer, it being an elegant manner of adminiſtring the Virtues of that Medicine, as an *Emetic*,——viz.

℞ *Pulv: radic:* ℥x:
Vin: Montan: ℥xiiſs:
Tinctur: Salis: Tartar: ℥iſs:
Infunde in M: B: per Septimanam, bis Quotidie vel-ter optime Agitato Vaſe.

Coletur, Mandante Uſu, tinctura.

When the Stomach is ſufficiently ſettled, *viz.* half an Hour or more after the Op-

Operation of the Vomit is ceas'd, it wou'd be proper to take the following Draught, or Bolus,---viz.

℞ *Spermat: Ceti: (vitell: q: ſ: Solut:) gr:* xxvij: *Aq: Cinnam: Ten:* ʒiſs: *Aq: Mirab:* ʒiij: *Tinct: Caſtor: Ruſſian: gt:* xxij: *Laud: Londin: gr:* i: *Syr: Croc: Vin: Canarin: ppt:* ʒiiſs: *M: f: Hauſt: ut ſupra prædict: ſumendus.*

Or if a Bolus is more eligible to the Stomach, the following is calculated for the ſame purpoſe, and may be waſh'd down with a Draught of *Chicken-Broth*,---viz.

℞ *Pulv: Radic: Serpent: Virg: Croc: Anglican: Caſtor: opt: Lapid: Contrayerv: a gr:* vij: *LL: Syd: gt:* viiij: *Confect: Alkerm: q: ſ: M: f: Bolus Tempore prædicto ſumendus.*

Vel ad eundem finem---

℞ *Confect: Raleigh: gr:* xxxiiij: *pro Bol.*

If the Vomit in, or after, its Operation does not induce a Stool, it would be adviseable before the Adminiſtration of the *Anodyne* Draught or *Bolus* to have recourſe to an *Emollient Glyſter*, viz.

℞ *Lact: Vaccin: ſine Flore* ℥xj: *Ol: Lini:* ℥iſs: *Sir: Dialth:* ℥ij: *Ol: Anis: gt:* xiiij:: *M: f: Enema pro re nata Injeciendum.*

There is, I'm not ignorant, a Claſs in the rational part of the Creation, who have ſo great an abhorrence, or Dread of all Vomitting Medicines, that no Neceſſity in their own Conſtitutions, or judicious Arguments from the beſt Guardians of Health, could prevail with to comply or ſubmit to the Operation of a Vomit, tho' even their very Exiſtence was on the Verge of the Grave, and human Probability could give the moſt apparent proſpect of retarding the Progreſs to that impriſon'd State. Under theſe Circumſtances, the Enemy, viz. the *Gout*, poſſeſſing the firſt Ventricle, the following purgative *Bolus* may be advantagiouſly adminiſtred, viz.

℞ *Pill: Coch: Min:*

Ex-

Extract: Rudi:
Calomel: opt: Levigt: a gr: vij: *Laud: Londin: gr:* i:
Bals: e Mecchra: q: S: M:
f: Bol: Urgente Dolore Arthritico in primo Ventriculo ſtatim ſumendus.

ABSTINENCE from Food, Liquors, and Medicines, of all kinds is abſolutely neceſſary, after the Aſſumption of the preceeding *Bolus*, till ſuch Motions in the larger Bowels are perceived, which are uſually Introductory of an Evacuation by Stool, and then the Operation ſhou'd be encourag'd by Drinking *Whey* made of *Madeira Wine* hot with a ſufficient quantity of *Spt.* C. C. *per ſe*, in every Draught.

WHEN this *Cathartic* has exonerated its Duty, and the *Gouty* ſenſation is either greatly mitigated, or totally remov'd, I would recommend the following *Saponaceous* Draught, to be taken as in the ſubſequent Paragraph is directed---viz.

℞ *Sapon: Venet:*
(*vitell: q: ſ: ſolut:*) ℈ij:
Aq: Flor: Cham: Simp: ℥iſs:
Pæon Comp: ℥iij:
pulv: Rhei: gr. xiij.

vel ℥iſs: *Tinct: Caſtor: Spt: Caſtor: Extract: gt:* xxiiij: *LL: Syd: gt:* xij: *Syr: Dialth:* ℥iiſs: *M: f:*

Hauſtus Duabus horis Elapſis poſt operationem Catharticam ſumendus.

THIS Medicine will prevent a tranſlation of the *Arthritic Impurities* to the *Ductus Bilarius*, and Veſſels contiguous to it, extirpate the Cauſe of that *Icteric Diſpoſition*, which is frequently the Conſequence of the *Gout* in the *Stomach*, deterge and corroborate its Fibres, and by that means fortify that Veſſel againſt all Attacks of the Diſorder for the preſent.

THE preceeding *Bolus*, and *Draught*, may be repeated, (for it is impoſſible to aſcertain the times of repetition,) according to the exigencies of the Symptoms, the Violence of the Diſeaſe, and the ſtrength of the Patient. And even in the firſt Appearance of the *Gout* in the *Stomach* a Bliſter betwixt the *Scapulus* is no deſpicable Application, or one to the Inner part of each Thigh.

I SHALL now ſubjoin a *Medicinal* treatment for the extermination of the *Gout*, when it is in the *Lower Ventricle*, or in the *Bow-*

Bowels, but before I deſcend to the particular Management of the *Diſorder* in the *Upper* and *Lower Inteſtines*. I ſhall give the Diviſion of them from DRAKES *Anatomy*, viz. " They are of a very great length, " ordinarily about ſix times as long as the " Perſons whoſe they were. And tho' " they ſeem to be but one continued Chan- " nel, or Fiſtula: yet becauſe in ſeveral " parts, their Magnitude, Figure, and " Thickneſs, are different: They are in " general divided into Thick, and Thin: " And theſe again each of them ſubdivided " into Three; the Three Thin are call'd, " *Duodenum Jejunum*, & *Ileum*: And the " Thick, *Cæcum*, *Colon* and *Rectum*.

WHEN the *Gout* is in any of the Thin Inteſtines, viz. *Duodenum*, *Jejunum*, & *Ileum*, recourſe muſt immediately be had to brisk *Cathartics*, cojoin'd with an *Opiate* viz.

℞ *Pill: Ex Duob:*
pill: Ruffi:
Calomel: opt: Levigt: agr: viiij:
Extract: Opii: Thebaiac: gr: i:
Syr: e Spin: Cervin: q: ſ: M: ſ:
Bol: pro re nata ſemel ſumendus.

As this *Bolus* diſſolves in the Stomach, a Ceſſation of Pain will enſue, and a Diſpoſition to Stool from the augmented *pereſtaltic Motion* of the Inteſtines will be very ſenſibly perceiv'd, and then it is adviſeable to take the following *Balſamic*, *Diuretic*, *Deterſive* Draught, viz.

℞ *Spermat: Ceti: ℥iſs:*
Balſam: e Mecha: gt: xij:
Solve f: A: in vitell: q: ſ:
Cui adde Aq: Hordeat: ℥iſs:
L: L: Syd: gt: viij:
Aq: Pæon: C: Nephret: a ℥ij:
Syr: Dialth: ℥iiſs: M: f:
Hauſt: ut ſupra prædict: ſumendus.

In the Operation of the preceeding *Bolus*, it is neceſſary to Drink *Sack Whey*, *Chicken*, *Veal*, or *Mutton Broth*, the common *Emulſion* interchangeably, as the Party beſt likes: *Bolus's* are generally from the Nature of their component Articles, more tardy in producing their intended Effect, than purgative Medicines of the Liquid Claſs, and ſometimes more offenſive to the Taſte, I will therefore add a *Cathartic Tincture*, which under the ſame Circumſtances I've found not leſs beneficial for the extirpation of

of the *Gout* in the aforeſaid Inteſtines than the *Bolus* abovemention'd, viz.

℞ *Radic: Jallap: optime Contus:* ʒj:
Radic: Rhei: tenuiter Incis: ʒvj:
Sal: Tartar: ʒiſs:
Coccinel: optime pulveris: ʒj:
Semen: Cordam: Min: ʒſs:

Infunde in Spt: Vin: Gallic: lbj: *per horas Quadraginta octo ſæpe Agitato Vaſe.*

Elutrietur Tinctura Tempore Uſus.

℞ *Hujus Tinctur:* ʒj: *vel* ʒxj:
Aq: Hordeat: ʒiſs:
Laud: Londin: gr: i:
Syr: roſar: Solutiv: ʒiiſs:
M: f: Hauſtus pro re nata ſemel ſumendus

WHEN this Medicine indicates by grumbling in the Bowels its approaching Operation, I would recommend the foregoing *Balſamic, Deterſive, Diuretic Draught*, to be taken and its exit encourag'd by the Articles in the preceeding Paragraph.

SOMETIMES an *Emollient Gliſter* when the Pain continues violent in the Bowels aforeſaid, after the taking of the *Bolus* or *Draught*,

Draught, will induce Eaſe, by ſoliciting them downwards, tho' it can't reach the Seat of the Diſorder, for it is admitted that a *Gliſter* goes no farther than the *Colon*, which is not in the firſt Diviſion of the Inteſtines, as above obſerv'd, and therefore can only contribute to promote their Diſcharge by *Symptomatically* encreaſing the *Pariſtaltic Motion* of the Inteſtines from the larger Canals: The Form of the *Emollient Gliſter* follows, viz.

℞ *Lac*: *Vaccin*: *tepefact*: ℥xij: *Sal*: *Commun*: ʒiij: *Ol*: *Lini*: ʒij: *M*: *f*: *Enema pro re nata Injeciendum*.

It is obvious to a ſagacious Judgment from the diſtinct peculiarities of the Patients Complaints, when the Diſorder is in the Upper or Lower Inteſtines, and therefore requires a Treatment adequate to the Violence and Situation of it, by what Method the *Gout* ſhould be Attack'd for its excluſion in the Upper and Smaller Inteſtines is above related, I ſhall now proceed to encounter the Enemy, when lodg'd in any of the Larger or Lower Bowels, viz. the *Cæcum*, *Colon* and *Rectum*.

And here *Gliſters* ſeem to claim preference to all Medicinal Applications (tho' ge-

generally allow'd not to reach further than the *Colon*, unleſs when the *periſtaltic Motion* of the Bowels is inverted, and then *Gliſters* will be emitted by the Mouth) if after the adminiſtration of the *Gliſter*, the following *Aperient Anodyne Draught* is taken, tho' if the firſt *Gliſter* does not operate in half an Hour I would recommend a *Second*, the *Draught* not to be repeated tho' perchance part of it ſhould be vomitted up, for when the *Periſtaltic Motion* of the *Inteſtines*, is augmented by the power of the *Gliſter*, a very ſmall part of the *Draught*, retain'd, will be able to ſolicit its Paſſage thro' the Inteſtinal Meanders, and compleat the Intention for which it was calculated: Since *Gliſters*, the *Periſtaltic Motion* of the Bowels being in a natural State, are allow'd to extend no farther then the *Colon*, it may at the firſt view ſeem repugnant to Reaſon, that the *Gout* when in Poſſeſſion of the *Cæcum*, &c. ſhould be diſlodg'd from that *Bowel* by the aſſiſtance of a *Gliſter*: To which I ſhall beg leave to obſerve, that tho' the *Cæcum* is out of the immediate reach of a *Gliſter*, yet the *Colon*, being ſenſible of the inſtantaneous Effect of a *Gliſter*, may by a *Sympathetic Communication*, as proximious parts of the ſame vaſcular Tubes, convey a Degree of Relief proportionate to what it receives itſelf, (notwithſtanding the

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valves of the *Colon* are very large) from the Adminiſtration of *Gliſters*, in the ſame manner, as any kind of *Fluid*, will affect the contiguous or remote Circumvolutions of a Cord, &c. tho' the extreme part, is only Ting'd with it: And from a tranſient Relief from the *Gliſter*, the *Cæcum* will by the Operation of the *Aperient Anodyne Draught* be free'd from the *Arthritic* Senſations, as by this means the Impurities will be evacuated from that Veſſel---And ſo to *Gliſter*, &c.

℞ *Pill: ex Duob:* ℥iſs:
Solve in Elix: Salut: ℥iſs:
Addeque Iuſcul: Ovil: ℥xiij:
L: L: Syd: xxx: *Ol: Anis:* ℥ij:
M: f: Enema ſtatim injeciendum et pro re nata repetendum.

I SHALL now ſubjoin the form of the *Aperient Anodyne Draught*, which is not, tho' part, or moſt of it ejected by Vomit, to be repeated.

℞ *Tinct: Hier: Pier: Vin: alb: extract:* ℥ij:
Elixir Salut:
Spt: Lavend: Comp: S: O: a a ℥ij:
Laud: Londin: gr: iſs:
Spt: Nitri: Dulc: gtt: viij:

M:

M: f: Hauſt: in uſum prædictum ſumendus.

If there is an inordinate nauſeouſneſs at the Stomach, great Sickneſs, or an immediate Diſpoſition to Vomit: This *Aperient Anodyne Draught*, may be taken by a Spoonful at a Time at ſuch Intervals as the Stomach can beſt bear, with a probable view of retaining it; tho' I own, if poſſible, I ſhould chuſe to make but one Doſe of this Medicine.

When the *Gout* is in the *Head*, *Stomach*, or *Bowels*, it is extremely prepoſterous on its firſt Appearance to wait for the *State*, &c. of the Diſorder, but on the contrary on the very leaſt Approach of the Enemy in any of thoſe parts, it ought *totis viribus artis et Medicinæ* to be attacked, leaſt the human Fabric ſhould become a Victim of its Tyranny, for want of Early and Judicious Aſſiſtance: Thus an inadvertent delay in this, and all other Diſorders to which Mankind is continually expos'd, is frequently the Harbinger of irreſiſtable Deſtruction.

It is obſervable from the preceeding Paragraph that the *Gout* when in any of the parts of the human Structure mention'd in it requires

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a Treatment extreamly different from what it Demands when in any of the extreme parts of the Body; the Diſorder whilſt in any of Them not being dangerous, and on the contrary when it is in the *Head*, *Stomach*, or *Bowels*, if Art can't expeditiouſly ſubdue the ſeverity of the Pain, and afterwards evacuate ſome of the peccant *fomes* of it, the tranſition from a Temporal to an Eternal State is not far of.

I'VE now attended the *Gout* in its various Situations in the human Machine, with peculiar Methods of Relief (in the proceſs of that Subject) of All who are the unhappy Objects of its excruciating Tortures; from whence according to my firſt Intention, I ſhall proceed to the *preventative Directions*, in the Intervals of the *Paroxyſms*; which I ſhall purſuant to the preceeding Admonitions in the *Gout* itſelf, divide into *Dietetical* and *Medicinal*: In the Article of *Diet* there's a very large Field in which I could amply expatiate on the juſt, permament, Pleaſures, and Subſtantial Advantages reſulting from an uniform, exalted, and daily perſever'd in Temperance, (or even a parſemonious Abſtinence at ſome times from Foods and Liquors, which at other times may be allow'd conducive to diminiſh, or rather not ſupply, the Blood with

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Arthritic Materials) but I ſhall only obſerve, that a ſhort experience of that Cardinal Virtue, will more extenſively enclarize its real excellency in *Gouty* Conſtitutions, than all the pompous Encomiums, deduc'd from the beſt collected Flowers of all the Ancient and Modern Rhetoricians, with which the World was ever honour'd: To which I ſhall add ſome Obſervations on Exerciſe, as a neceſſary means to protract the Intervals of the *Gout*, as it greatly dilutes the *Fluids*, at the ſame Time that it corroborates the *Solids*, in which two Articles conſiſts a real Advantage to *Arthritics*.

In *Gouty* habits of the Body in general the leſs Animal Food is indulg'd, and the leſs Strong and Spirituous Liquors are permitted, the leſs will be the *Fomes Arthritica* in the Maſs of Blood, and conſequently the Intervals will be of longer Duration, and the Pain in the *Paroxyſm* not only leſs Acute, but even of a ſhorter Continuance, till gradually by an abſtemious Courſe of Life the *Gouty principles* are ſubdu'd, and by the common ſecretions evacuated, ſo that he who by former Indulgencies has frequently been Subject to an *Arthritic Captivity*, ſhall by a contrary mode of Life, finiſh the Remainder of his Days a partial, or perhaps a total Freedom from that Diſorder; provi-

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ded he enters into this abſtemious way of Life, before he arrives at the Forty-fifth, or ſixth, Year of his Life, tho' doubtleſs the ſooner this Regimen is enter'd upon, the more expeditiouſly will appear its ſalutary Effects and the Pleaſure the Greater to him who had the Reſolution to comply with it.

In *Gouty* habits even for a few Years, there's doubtleſs (be the Cauſe either hereditary or acquir'd) in the Maſs of Blood ſome latent morbific Principles, incapable under an abſtemious Courſe of Life, reſolutely perſever'd in to diſplay their dolorous Effects even in ſlight Fits of the Diſorder, being by a rigid Temperance rendred inactive to produce thoſe tragical Scenes in the human Fabric, which Luxury, and Exceſs, excitive of additional *Arthritic* Materials in the vital *Fluid*, muſt in Proceſs of Time moſt inevitably exhibit.

The ſting of the *Gout* can beſt be enervated by a Religious Temperance, and habitual Abſtinence, and no time is improper for that arduous and ſalutary undertaking, even in any ſtate of the Diſorder itſelf, provided a due flow of Spirits, can be by that means ſecur'd under the various viciſſitudes of Pain, whereby the unhappy Captive

tive may be able to weather out the violence of the Storm, 'till the Declination of the *Fit* introduces him into a long wiſh'd for Haven of Eaſe, and a Joyful Exemption from prior Inquietudes.

If an uncommon Deficiency of Spirits thro' the courſe of the *Paroxyſm* renders the entrance upon a Life of great Temperance, and rigid Abſtinence abſolutely impracticable with regard to the *Gouteers* ſafety, when that is over by a mitigation, or perhaps a freedom from *Arthritic* Miſeries, it is extremely neceſſary that the preceeding Doctrine of Temperance, &c. both as to Foods and Liquors, ſhould be immediately comply'd with, and that not only for a few Days, Weeks, Months, &c. but even for the Remainder of Life, unleſs ſome *Conſtitutional* Occurrence ſhould prohibit perſeverance, and indicate with a View to the ſecurity of the Human Fabric, ſome different Method of Life, which ought only to be vary'd under the experienc'd Direction of great Judgment, ſo that whilſt the Veſſel is ſecur'd from the dangers of *Scylla*, it may not be wreck'd in the Gulph of *Charybdis*.

During the ſeverity of Pain in the two

firſt periods of the *Gout*, a dejection of Spirits very rarely Intervenes, and where it does not, I would recommend an immediate initiation, and a gradual Progreſs, into the ſalutiferous paths of great Temperance, and ſometimes a vigorous Abſtinence even from thoſe Articles of Life, which at other Times may be allow'd, as conſiſtent with the ſtricteſt Rules of Temperance itſelf, but if in the two firſt States of the *Diſorder*, it ſhould be not adviſeable, to enter on and cautiouſly purſue, an abſtemious mode of Life, it may very juſtifiably be undertaken in the concluſion of the *Paroxyſm*, as the violence of the anguiſh abates, and only a *great Weakneſs* and ſometimes *Oedematous ſwellings* remain in the parts precedentally under the tyrannous Correction of the *Gout*: Some *Arthritics* in the decline of the *Fit* from the appearance of theſe *Oedematous Tumours*, are I know not unapprehenſive that a *Dropſy* of the *Anaſarcous kind* is under theſe Circumſtances, becauſe the part pits, as Dough, new form'd, and therefore a generous Method of Life muſt not only be allow'd, but is even abſolutely neceſſary to prevent the approaching Deluge, by invigorating the languid and aqueous Maſs of Blood, but to ſuch I ſhall beg leave to obſerve, that the *Oedematous appearances* is not the effect of ſuper-abundant Lymph in the vital Fluid, or a rupture of the *Lym-*

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phatics, but is the effect of the Veſſels (thro' which the *Gouty Salts* were convey'd in the intenſeneſs of Pain) being relax'd by the puncture of the *Saline Acrid Impurities*, which are the indiſputable parent of the *Gout*, and which an abſtemious way of Life will moſt aſſuredly not only relieve, but effectually Cure; without amaſsing up any new Materials in the Blood, which in Time will produce a future *Paroxyſm*, which a contrary Method will moſt certainly excite, and produce.

I SHALL now lay before the *Arthritic* a *Dietetic-regimen* for a Day, by which, or in a mode of Life as congruous as poſſible to it, he ought to regulate the remainder of his Days, if he would eſcape the Vaſſallage, to which he has heretofore been too frequently Subject: Breakfaſt ſhould be daily taken as ſoon as out of Bed in the Morning, viz. about 8 o'Clock, which ſhould be ſome kind of Tea, with one third part of blue boil'd-Milk in it, eating Sea-Biſket, or ſome kind of Family-Cake, without Fruit in it, and even that not to Fullneſs, or Satiety; The great Meal or Dinner ſhould be on ſome kind of White-Foods in one Article only, and that four Hours at leaſt, after the firſt repaſt of the Morning, and ſix Hours compleat ſhould be

allow'd betwixt Dinner, and Supper, drinking two or three Diſhes (three hours after Dinner) of the beſt Green Tea; the Liquor for Digeſtion at Dinner may be Gruel with a little Milk in it, not boil'd together, tho' taken warm, and Supper may be ſmooth Pudding, Blue-Blanche, Milk-pottage, Sagoe-Milk, or any other inoffenſive Article of a Nature ſimilar to them, and going To-bed, two thirds of a Pint of Barley-water with the Barley in it, ſhould be Eat as warm as poſſible; and if a deficiency of Spirits is the reſult of this Culinary manner of Life, a Draught of boil'd Milk taken as hot as poſſible occaſionally, will remove, and by Degrees prevent the return of that Complaint: This Regimen abſtemious as it is, will not of itſelf, for the firſt two or three Years, correct the Acrimony of thoſe Juices, which form the *Gout* without the Interpoſition of ſome Medicines, in order to clean the firſt Paſſages, and therefore once a Week, it will be neceſſary for that purpoſe to take the following Bolus. viz.

℞ *Pulv: Rhei: gr:* xviij:
Calomel: opt: Levigt: gr: viiij.
Opobals: q: ſ: M: f: Bol: H: ſ: ſumendus.

THIS *Bolus* ſhould be regularly taken the ſame Night in every Week, and the following Vomit once every Month, if poſſible on the ſame Day, in every fourth Week.

℞ *Pulv: radic: Ipecoc: gr:* xxij: *pulv: radic: Rhei: gr:* viij: *M: f: pulv Emetic.*

Capiat in Hauſtu Infuſ: Flor: Cham: calide, inter vomendum bibatque libere Eandem Infuſionem ad quatuor vel quinque Emeticas Operationes, vel amplius pro re nata.

As Iv'e intimated the neceſſity of the preceeding *Evacuations*, viz. a *Purge*, and *Vomit*, to be taken at the Times above recited in order to keep the firſt Paſſages free from that *mucus*, which certainly contributes not only to the generation of the *Gout*, but many more both *Acute*, and *Chronic* Diſorders, ſo I ſhall add ſome Medicinal forms, which if immutably obſerv'd for ſix or eight Months, obſerving the foregoing *Purge*, and *Vomit*, will ſo far mellorate the Juices of the *Arthritic* Conſtitution as to leave very few if any Materials in the *human Fabric*

for any future (at leaſt not ſevere) *Paroxyſms*.

℞ *Æthiop: Mineral:* ʒiiſs:
Mercur: Alkaliſat: ʒiſs:
Antimon: Crud: opt: Levigt: ʒſs:
Sal: Nitri: ϑiiſs:
Gum: Guiac: ʒij:
Bals: Peru: q: ſ: M: f: pill: x:
e Drachma—Dos: 5 *Hora Decima mane, et quinta poſt meridiem ſuberbibendo* lbſs:
Seri: Vaccin: Comm: tepifact: Diebus e Catharſi, et Emetica operatione liberis.

PATIENCE and perſeverance in this *Regimen* as well *Culinary* as *Medicinal* has every probable View of Succeſs to encourage and enflame a vigorous Reſolution not in the leaſt to heſitate in a Religious Conformity to it; if by any peculiarity of Conſtitution, as there are many in the rational Creation, it is defective for the intended extrication from the *Gout*, a *Milk-Diet*, (with the laſt purging *Bolus*, and *Vomit*, as before directed) ſtrictly purſu'd, will gradually relieve every Conſtitutional exigency, to which in a different mode of Life, an *Arthritic* Maſs of Blood and Juices is frequently expos'd.

If a ſtrict Milk-Diet is eſteem'd a State of too rigid Mortification, tho' I'm confident on experience, it will be found of a contrary property, every third, or perhaps every ſecond, Day, at Dinner, ſome kind of white Animal Food may be allow'd without any apparent future inconveniency, eſpecially if taken under the juſt Rules of Moderation, and any of the *Diluent Liquors* before mention'd may ſerve to promote Digeſtion: In *Gouty-habits*, (truly ſuch) the Stomach ought never to be replete with any Article of Life, but Milk, and its Preparations; for whatever either from Food or Liquor of any ſort is more than is abſolutely neceſſary for the immediate ſuſtenance of the *Æquilibrium* of the Dependant part of the Human Fabric, muſt by Conſequence overload ſometimes the conſtituent parts of the Machine, and by degrees render it incapable to diſcharge the Offices and Secretions, in which Health and its appendant Advantages conſiſt.

A *Captive Gouteer*, if not much above Forty-five Years of Age, unable to turn himſelf in Bed, by Aſſes Milk every Morning, and an uninterrupted Conformity every Day to a Milky-Regimen, will moſt

certainly recover his priſtine Vigour, and in a little Time be capable to ride on Horſe-back, and by Degrees will find that Walking has not loſt its former Pleaſures, without any farther Aſſiſtance from Medicine, than the *purging Bolus* laſt mention'd once per Week, and the *Emetic powder* once per Month.

EXERCISE of every Denomination, if not to exceſs, is of irreſiſtable Power, as well to recover loſt Strength from the *Gouty paroxyſm*, as in the Intervals of the *Diſorder* to prevent its return, eſpecially Riding on Horſeback, which muſt never be attended with any great Fatigue: And indeed every *Arthritic*, would he conſult his own real Advantage, ſhould every Day Ride betwixt Breakfaſt and Dinner, and alſo after the great Meal at Noon, ſhould not omit a repetition of the ſame neceſſary, and ſalutary Advantage, productive of a good flow of Spirits, pleaſurable Days, and comfortable Nights.

WHEN the *Arthritic* in the Spring, and Summer Seaſon would reſolve gradually to make a nearer advance to a total freedom from his former Miſeries, he'll find that a Courſe of *Cheltenham*, or *Scarborough* Waters for

for about three Weeks in the firſt, and about a Month or more for *Kedleſton* Waters in the laſt Seaſon, will afford no deſpicable Aſſiſtance; and in a *Milk-Diet*, half the quantity of the aforeſaid Waters every Day, will be of equal efficacy, with a double quantity for ſuch as daily in a moderate manner allow themſelves Animal Food, with Malt Liquors, or Wine, tho' much diluted with common Element.

TRANSGRESSION is the original property of human Nature and when from any motive a Man of a *Gouty Compoſition* loads his Stomach with more than is abſolutely neceſſary for the ſalutary ſuſtinence of Life, and the Offices dependant of it, he ſhould immediately take half a Dram, or thirty-five or ſix Grains of *Rhubarb*, and ſo *toties quoties* he recommits the Offence, by violating the ſtricteſt Rules of Moderation, as well in Eating, as Drinking.

QUICKSILVER taken to the quantity of an Ounce, Morning and Evening, in the Intervals of the *Gout*, for three Weeks, or more, is of great Benefit to improve an *Arthritic* Maſs of Blood, and Juices, and may at any time of the Year be taken, and under any *Dietetic* Regimen of Life, and during the Courſe of this Medicine, no other

ought

ought to be adminiſtred, unleſs ſome extraordinary *Conſtitutional* Occurrence require it, and then the *Quickſilver* muſt be omitted: Neither is it neceſſary to take any preparatory Medicine to a Courſe of *Quickſilver*, or towards the Concluſion to carry it from the Stomach and Bowels; but I muſt obſerve that this Medicine ought not to be allow'd under a viſible decay of the Conſtitution, where the *Lungs*, *Liver*, &c. are not ſound, nor in an advanc'd Age.

THE *Specifick Decoction*, (mention'd in my *Treatiſe* on the RHEUMATISM) is *Quickſilver* boil'd in Spring Water, and a well adapted Dilutor of *Arthritic Impurities* in the Human Machine, taken to a Quart every third Day for a Year or more: In *Scorbutic Caſes* purely ſuch, where there is no *Arthritic* or *Rheumatic* ſenſations, when the Diſeaſe is Cutaneous, I've ſometimes obſerv'd that it will excite a *Salivation*, as alſo will *Æthiops Mineral* itſelf, an Effect which I never found from the continu'd uſe of the *Decoction*, when indiſputable Symptoms of *Gout*, or *Rheumatiſm*, have appear'd.

WHEN the *Gout* from a long ſeries of *Annual paroxyſms*, or an *habitual Continuance*

ance, (a due regard to a proper *Dietetical* and *Medicinal Regimen* being neglected, and little or no efficacious Exercise daily us'd) has render'd the various Secretions of the *human Fabric* defective in their particular Operations, and unequal to the discharge of their respective Offices, from whence Nature in general becomes very languid; it is not uncommon for the *Arthritic Impurities* to be translated to a more cruciating and dangerous Situation; viz. the *Urinary Passages*, and then the Stone compleats, without the greatest caution, the destruction of that Machine, which the *Gout* had previously defac'd and weakened, and as the violence of the first is encreas'd, the severity of the last is proportionably diminish'd, 'till perhaps not only the Acuteness but even every Symptom of it is totally extinguish'd, except some Chalky Concretions irradically fix'd on some particular parts from the reiterated Assaults of the *Arthritic* Enemy.

When the Condition of any Man is thus superlatively wretched, from an exchange, (in itself very miserable) of the *Gout* for the *Stone*; no strong, forcible *Diuretic Medicines* can justifyably, from the Rules of mature Judgment, be administred; on the contrary, such as are gently lubricating, moderatively detersive of the *Urinary Passages*,

and

and ſtrictly Balſamic, without the leaſt tendency to inflame the Blood, ought frequently to be taken, with the judicious Interpoſition of ſome gentle, Aperient, *Domeſtic* or *Officinal Purges*, and the common Suſtenance of Life, ſhould conſiſt, as little as poſſible, of *Animal Food*, if the Age and Conſtitution will admit, a *Milk-Diet* ſhould unchangeably be enter'd upon; from which with a due obſervance of the preceeding Directions, I've often obſerv'd, that *Nephritic* as well as *Arthritic Miſeries* have not only been, to a great Degree leſſen'd, but ſometimes totally vanquiſh'd, when the Lamp of Life has gradually expir'd without any other Inquietudes, in reſpect to a real Diſeaſe, than ſuch as are inſeparable Attendants of a very advanc'd Age.

THE moſt amiable part of created Beings, the FAIR SEX, is ſometimes enſlav'd to *Arthritic Miſeries*, whether from an *hereditary*, or *acquir'd* Diſpoſition is not Material, ſince it very rarely appears 'till near the Completion of the *ſeventh Septennary* of Life, when the Monthly ſalutary Evacuations, (which 'till that time, by Divine Appointment, ſerv'd as well to renovate their Luſtre, and Charms, as to Anſwer a more important purpoſe of their Creation) are no more; then, and not often, 'till that

time

time of Life, *Gouty Complaints* become the property of the *Female Sex*; the abovemention'd Evacuations, when regular, being ſufficient to depurate the Maſs of Blood from thoſe impurities, which if retain'd, might produce frequent *paroxyſms*: Obſtructions indeed long continu'd may excite the ſame effect, in reſpect to the *Gout*, as an Arrival to near the Fiftieth Year of Life, and when it happens, either from one, or the other Cauſe, that the *Gout* is form'd, the abovemention'd *Dietetic* and *Medicinal Regimen*, with proper Exerciſe, will anſwer every Exigency, and in the Intervals of the Diſeaſe, the *preventative Directions*, ſtrictly purſu'd, will not fail of a permanent Advantage: It may be objected, that the *Fair Sex*, as they are of a more delicate, and finer texture, than Men, originally, and that Obſtructions of the Evacuations neceſſary for Health being once adventitiouſly fix'd, Nature is thereby ſo much weaken'd in her operative Faculties in the *Animal OEconomy*, as not to be able to excite, and at proper Intervals, to renew *Gouty Senſations*, from a deficiency of Strength for that purpoſe; which Objection (when made) I ſhall anſwer in my own Obſervation of Practice, in the Caſe of a young Gentlewoman, (of an *Arthritic* Father) who before the Fifteenth Year of her Age, *menſibus nunquam viſis*, had a regular Fit of the *Gout* in her Left Foot, and

was

was 'till near the Nineteenth Year of her Life visited with frequent Returns of it, to such a Degree of Violence that she fell a Victim to the Disease, before she compleatly saw the Year abovemention'd, notwithstanding she had all the Assistance, (for her Circumstances were greatly affluent) which this Island could afford.

FONTINELLS in any part of the Body in *Arthritic* habits are of great Benefit, and their Discharge is best encourag'd by *Orange Peas*, or *young Oranges*, and they should be continu'd as long as Art can promote an Evacuation, and if at any time one is permitted to cicatrize, another in a different part should be open'd.

IN *Arthritic* Constitutions the *piles* are sometimes introductory and sometimes concommitant with, and at other times consequential to the *Gout*, which in some Measure mitigate (when previous or Attendant) the severity of the present *paroxysm*, tho' in some Cases, what in this respect mollifies the Violences of one Disorder, is equally as dolorous in another: I wou'd under these Circumstances, viz. the *piles* inculcate a necessary Caution, that is to avoid the aperture of *Them* by the Lancet, &c. or even the

the Application of *Leeches* to the tumify'd *Hæmorrhoidal Veſſels*; as ſuch treatment eſpecially the firſt, is very apt to induce Fiſtulas, which if in their own Nature not immediately of very dangerous Conſequence, yet when cur'd frequently become the baſis of a Pulminary Conſumption, &c.

THE ſeverity of the *Piles*, if external, in any Situation mention'd in the preceeding Paragraph is moſt ſafely reliev'd by warm Emollient Fomentations, apply'd Morning and Evening, or the *Cataplaſm: Hæmorrhoidal* of *Fuller*, with a few Drops of *L: L: Syd:* dropt on the tumify'd or inflam'd Veſſels, immediately before the uſe of the *Cataplaſm*, and ſo *toties quoties* it is repeated; which may be oftner than twice a Day, *pro re nata*: If the Piles are internal, a *Glyſter* of *Iuſcul: Ovil: pinguiſs: cum gtis* xxxviij *L: L: Syd:* adminiſtred twice, or occaſionally oftener, a Day will gradually ſubdue the Violence of the Diſorder, tho' no total freedom from pain, can reaſonably be expected, 'till the viſcid Maſs of Blood and Juices, is ſufficiently diluted, which may be effected by the *Dietetic* or *Culinary Regimen*, before mention'd, with ℥ſs of *Sulphur: Nigr:* every Morning and half a Pint of *Aſſes-Milk* after it.

IN

In a ſuperabundant accumulation of *Gouty* principles in the Blood from various Indulgences, and enormous Debaucheries, long continu'd, when Nature is almoſt ready to ſink under the oppreſſive Load, it's not uncommon (even at a time when the *Arthritic* might have been almoſt in the Meridian of Life, had not his own outragious irregularities prevented it) for many nervous Appearances of the *Epileptic kind* to threaten final Diſſolution to the human Fabric, when Art may perhaps for twenty or more Days prevent the fatal ſtroke for indeed very few ſurvive that Time, with all poſſible Aſſiſtance, when that aſtoniſhing alarm is once given, which may be juſtly deem'd the Harbinger of Death: From the ſame cauſe ſometimes the *Jaundice*, firſt of the *Yellow*, and afterwards of the *Black* kind, claims its Origin, which uſually from a total Obſtruction of the *Ductus Bilarius*, is not to be remov'd by all the Medicines or Applications in the moſt extenſive Circle of Phyſical Knowledge, tho' as in the Caſe above, (viz. with *Epileptic* Symptoms) this laſt may be retarded from its fatal period for the time above-mention'd; the firſt by Evacuations, and *Epileptic*, and the laſt by *Deterſive*, *Aperient*, and *Antiicteric* Medicines.

WOULD the *Arthritic* reſolve to extricate himſelf from the Vaſſallage, to which the infelicity of his Compoſition has expos'd him in the different Stages of Life, and finiſh his Days with that Complacency, which a Man of true prudence would make the firſt of his Wiſhes, let him avoid *Intemperance*, *Luxury*, and *Indolence*, in regard to *Exerciſe*, as *real Evils*, and deſtructive Errors in Life; and by a Religious perſeverance daily put in practice the *contrary Virtues*, and he will find that his Years will not be few, his Pleaſures great, and his Paſſage from Temporal to an Eternal Exiſtence not very difficult.

FINIS.

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AN INDEX

To the PREFACE.

COMMUNICATION *of Knowledge in Arts, and Sciences, offers a tacit Satisfaction to a Man, who has appropriated ſome part of his Time, and Talents, in ſuch diſcoveries, which render him uſeful to Society, by endeavouring to promote the good of Mankind, and an humble imitator of the Supreme Being.* Page 8.

To commiſerate, and relieve, the Infirmities of Mankind is Godlike; tho' Partiality, Bigotry and groundleſs Malice, will not applaud the exerciſe of ſuch Divine Qualifications; they will not fail of their reward hereafter. ibid.

The Author deſires that this Performance may not be cenſur'd, 'till the Regimen, Dietetical, Medicinal, &c. *has been try'd.* 9.

The following Account of an hereditary *and* acquir'd Gout *first intimated to the Author by the late* Dr. CHEYNE ibid.

When more demonstrable Reasons are offer'd for the formation of the Gout, *the Author's readiness to acquiese in them, 'till then, He must be allow'd to support what he has advanc'd, as the foundation of the* Gout, *from the Causes assign'd.* ibid.

Tho' there may be some peculiarities in the Dietetical *and* Medicinal Regimen, &c. *yet they will as effectually answer in* Gouty *Constitutions, as the Bark in Intermittents.* 10.

Many Dispensatory Compositions are crouded with unnecessary and incongruous Articles, whilst others are greatly defective of the proper Materials to support the Excellency, which Dispensatory Writers usually attribute to them, ibid.

The Authors choice in the following Prescriptions from the Materia Medica *at large, without Regard to Dispensatory Compositions, a little more trouble to the Apothecary, and much more Advantage to the Patient.* ibid.

As the Author apprehends no fatigue either Corporal or Mental which contributes to the good of his Patients to be great, but pleasureable, so he conceives that the Administrators of Medicine are not inferiour to him in that

that Diſpoſition. Page 11.
The Adminiſtration of Quickſilver, *in the* Intervals *of the* Gout, *has its Advocates and Opponents; but if an impartial Experience of that* valuable Mineral *might determine the Controverſy the former would claim a great Majority over the latter.* ibid.
The Caſe of the Authors Son on the Adminiſtration of Quickſilver *at* Guildford *in* Surry, April 28, 1744, *from which it appears that* Crude Mercury *is capable of exerting its operative and ſalutary Virtues in the moſt minute Veſſels of the Human Fabric, and therefore muſt dilute a viſcid Maſs of Blood &c.* 12.
Some ſimilitude of Expreſſions us'd by the Author in his Treatiſe on the Rheumatiſm, *and his Reaſons for ſo doing.* 12 13.
In the Treatment of the Gout *the Author has confin'd himſelf to his own Experience, omitting what both the Ancient and Modern Authors have ſaid on that Subject.* 13.
Gouty Sores how to be treated. 13, 14.
The great advantage the Author has experienc'd from a juſt obſervance of the following Directions, and the freedom he lives in from the Gout, (*unleſs excited by a tranſgreſſion in Eating or Drinking*) *even ſo far as to be under no neceſſity of conſtantly complying with the* Dietetic Regimen, &c. 15.
The Medicinal Directions *were once intended*

to appear in an Engliſh Garb, with the reaſons why they did not. Page 15.

If the Arthritic *finds his Caſe ſimilar to any Deſcription in the ſubſequent Pages, his* Apothecary *may prepare and adminiſter the Medicines annex'd thereto, he being a Judge of the* Rule *of* Diet *and* Exerciſe, *Himſelf.* ibid.

'Tis the Intereſt of Arthritic Valetudinarians *to agree with their Phyſicians by the Year.* 16.

The laſt Paragraph but one in the Book, not methodically plac'd, and the reaſon why. ibid.

The following Sheets were finiſh'd by the Author before the laſt College Diſpenſatory *was publiſhed, &c.* ibid

If the following Admonitions convey any real advantage to the World the Author has his Reward, &c. ibid.

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AN

BRITISH MUSEUM

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Practice, reiterated practice in the Science of healing Diſeaſes, irradiates the Underſtanding, &c. and conſummates the Phyſician &c. ibid.

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The Authors reaſon for not delineating an Etymological Explication, *or enumerating the*

the different Appellations of the Gout, *which it assumes from the various parts, which it usually occupies in the* Human Fabric; *as also of not attempting an enquiry into the Antiquity of that obstinate Malady.* ibid.

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The Doctrine of Mali Corvi Malum Ovum *is as visible in the rational as in the irrational part of the Creation; and the Man who has an* hereditary Gout, *is in full Possession of one of the worst of Distempers, with the best of Titles, &c.* 5

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The Gout *certainly* hereditary, *when Intemperance or Luxury have not preceeded it.* ibid.

Gouty Particles *in the* Fluids, *may be convey'd from the Parent to the Offspring, but not ſufficient to form a* Paroxyſm *without the Acquiſition of freſh Materials in the uſual and extraordinary Mode of Life; tho' an* Arthritic formation *of the* Lacteal Veſſels *can produce that Diſtemper, from the common way of Suſtenance, &c.* Page 9.

Every Deſcendant *from a* Gouty Stock *is not the neceſſary inheritor of it's* Parent's *Malady.* 9. 10.

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Every Gouteer *ſhou'd on the firſt* Fit *refrain from ſuch inſalubrious Modes of Life as he apprehends did excite it.* ibid.

The Guſtus fruendi præſens *frequently deſpiſes occurrences* de futuro *which may be called an Error* peſſimi moris *with reaſons aſſign'd.* 11, 12.

If Gouteers *do not know what kind of* Foods *and* Liquors *promote or retard the* Gout *they ſhou'd apply to Phyſicians for Directions on that occaſion.* 13.

The want of which is frequently the Baſis of many Corporal Miſeries, &c. 14.

A Methodical, Regular and long perſever'd in Regimen *of Nutriment muſt not only in the Intervals of the Diſeaſe prevent the generation of freſh* Gouty Materials, *but even in the* Fits *muſt ſubjugate the ſeverity and ſhorten the Continuance of the Diſorder.* Page 14.

Puniſhment for paſt Follies, in the common eſtimate of Mankind, is the moſt efficacious Method to deter from the recommiſſion of thoſe Enormities, which induc'd the Puniſhment. ibid.

Arthritics *as they eſtimate their Eaſe, ſhou'd avoid all Indulgence, and Exceſs, with reaſons aſſign'd.* 15.

The folly of ſome Arthritics, *who think they can compound for their frequent Indulgences, by a* Vernal, *or* Autumnal Paroxyſm, *or both.* ibid.

The State of the Blood changes at Spring *and* Autumn. ibid.

Every Gouty Paroxyſm *imbecilitates the* Elaſticity *of the Solids, renders the* Fluids viſcous, *and by frequent returns makes that* Gout habitual, *which before was only* periodical *at* Spring *and* Autumn. 16.

An habitual Gout, *when it firſt appears to be ſuch, may be prevented by a proper* Dietetic Regimen, &c. *from being fatal and reduc'd to its* Periods *or terminate in* Paroxyſmuli. ibid.

Ar-

Arthritics *have originally* robust Solids *and* vegete Faculties, &c. Page 17

Conſtitutional Tranſgreſſions imbecilitate the Joints, and induce nodoſe Contractions, &c. ibid.

As frequent ſucceſſive Storms will deface the Luſtre of the moſt finiſh'd Edifice, ſo Luxurious Exceſſes *will not only deſtroy the* Æquilibrium, *but lay waſte the Exiſtence of the* Animal OEconomy. ibid.

Strong Solids *the true* Baſis *of good Health, durable Spirits*, &c. 18

If the Solids, a naturali formatione *are* flaccid, *or accidentally lax, the* Fluids *muſt neceſſarily be* viſcid, &c ibid.

The Blood extracted by the Lancet, *in* Gouty Paroxyſms *is of too adheſive, and Compact a Texture, and its Lymph of too glutinous a Conſiſtence*, &c. 19

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